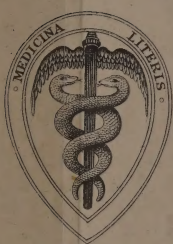


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A
LITERAL INTERLINEAL TRANSLATION
OF THE
FIRST FOUR BOOKS
OF
CELSUS DE MEDICINA;

WITH
"ORDO" AND TEXT:

TRANSLATED FROM THE TEXT SELECTED FOR THE EXAMINATION OF
CANDIDATES AT APOTHECARIES' HALL,
AND OTHER PUBLIC BOARDS;

IN WHICH
THE ELLIPTICAL CONSTRUCTIONS ARE COMPLETED BY SUPPLYING
THE SUPPRESSED WORDS, SHEWING THE RELATIONS AND CONCORDS
OF THE DIFFERENT WORDS WITH EACH OTHER.

WITH AN INTRODUCTION,
EXPLANATORY OF THE MORE OBSCURE AND DIFFICULT GRAMMATICAL
CONSTRUCTIONS, AND RULES FOR REDUCING TO THE ENGLISH
PARALLELS AND EQUIVALENTS.

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INTRODUCTION.

“Omnis enim quæ a ratione suscipitur de aliqua re institutio, debet a definitione proficisci, ut intelligatur, quid sit id, de quo disputetur.”

Mar. Tul. Cic. De Officiis, Lib. I.

THERE are some who seem to regard “literal translation” as nothing else than a mere collection and exposition of the grossest barbarisms of which language is susceptible. Hence the student can neither discover the meaning of the author, nor learn the various significations of words; nor, indeed, understand the adaptation of their different inflections to variety of sense and expression; and thus the most important purpose of language,—to convey to others true and distinct notions of the author’s conceptions,—is wholly frustrated. Another inconvenience is, that words are considered as having but one radical and exclusive signification, and that all other applications are unwarranted and unfounded. Consequently, the student cannot become acquainted with the equivalent grammatical constructions, nor understand the rules of Syntax, or parallel modes of expression. Words are “sensible signs for communicating our ideas,” and as our ideas are susceptible of various combinations and modifications, so these are expressed by certain inflections of the radical or original term. That every idea should have a distinct and separate term would so multiply these, and so embarrass language, as completely to render it a dead letter. Literal translation, therefore, may be defined,—“an exposition in another language of the author’s true meaning and ideas in equivalent terms, and in parallel modes of expression and grammatical construction; so far, at least, as the analogies of language will permit.” Ideas are either universal or particular; the former are acquired by what is termed abstraction. Terms or words are likewise divided into singular or universal, and excite analogous ideas. But words are used to excite a great variety of ideas; and hence their signification is either radical, metaphorical, synonymous, &c.; for instance, the Latin term “RATIO” expresses the *means* by which,—the *manner* how, or *in which*, any thing is done; the *nature* or *quality*; the *subject* or *object*; *explanation*; *estimation*; *proportion*; *comparison*; and the *reasoning faculty* in man: examples of all which applications will be found in different parts of this work. There are many other words, for instance—“*causa*,” “*res*,” “*natura*,” &c., which are used in a great many senses, and in which the acceptation must be determined by the usual rules.

Perhaps here it will be inquired, how is the precise signification to be determined? The application of a word is shewn by its associations, and, therefore, the intended signification will be determined by examining the context.

Language is a medium for communicating our ideas. It consists of a

number of words disposed in a certain order, so as to convey to the reader the object or purpose of the writer or speaker. Words, for this purpose, are disposed into what are termed sentences; these again are subdivided into clauses. The first is termed a period, and comprises one or more of the latter. The clauses consist of a number of words, which aggregated convey some definite proposition. Words are classed according to the nature of their significations, and grouped together in this way, form what are named Parts of Speech. Of these, some are declinable; that is, admit of certain inflections, or alterations of the final termination; while others admit of no change. They are named as follow:—

DECLINABLE.

Noun:— { Substantive.
 { Adjective.
Pronoun.
Verb.
Participle.

INDECLINABLE.

Adverb.*
Conjunction.
Preposition.
Interjection.

Verbs express either the performance or continuance of an action, or the result of some action having been already performed. They also express various modifications of these, and are divided into active or transitive; passive, † neuter, deponent, &c. Some are associated with all the persons, others speak only in the third. The first are called personal, the latter impersonal. Verbs are declined with moods and tenses, which latter is synonymous with times. These may be considered in a twofold relation—absolute and conditional. The moods are the indicative, imperative, subjunctive, ‡ and Infinitive. The first three are named finite, because they convey a fixed and definite notion of an action, or the continuance of an action; the last, infinite, because the expression is not determined by either numbers or persons.

The indicative mood expresses a positive or absolute action, and its tenses are expressive of time present, past, and future. The present tense implies action, or rather the continuance of action, as “*ambulo*,” I walk, and which may frequently be rendered still more expressive by the use of the English participle “*ing*,” and some part of the auxiliary verb “*to be*,” as “*ambulo*,” I am walking.§

The imperfect denotes time past, but under certain relations, i. e. it expresses a thing which was doing, but was unfinished at a time now past. The preterperfect speaks of time absolutely past; while the preterpluperfect speaks of a thing done previously to a time also already past. The future speaks of time to come. The times of the present, perfect, and future tenses are called simple; and those of the imperfect and pluperfect are named compound; because they express times in relation only to other circumstances.

The subjunctive mood depends upon some preceding verb, either expressed or understood; is mostly joined with some conjunction, and some peculiar modifying condition is involved; hence this mood is often named conditional. Frequently both the verb and the conjunction are suppressed. In the Fourth Book, Cap. ii. we have examples of the conjunction ex-

* Some adverbs admit of comparison, and hence vary a little.

† Active and passive are named voices of the same rather than distinct verbs.

‡ The potential, optative, &c. are mere modifications of the subjunctive, and are therefore omitted.

§ Upon this, see p. viii.

pressed—"ut vox supprimatur," "ut corpus frigescat," "anima deficiat." It depends almost always upon a foregoing verb either expressed or understood; and often both the verb and the conjunction are suppressed; as "*fiat massa;*" "*capiat cras mane;*" "*sumatur quam primum.*" In such instances, "*oportet,*" "*necesse est,*" "*volo,*" "*præcipio,*" or some such verb, according to the sense, is suppressed, and may be thus supplied: "*oportet ut massa fiat; necesse est ut capiat,*" &c.

This construction is often very elegantly altered, especially in narrative, historical, or descriptive composition, so as to substitute the infinitive mood for the subjunctive, and the accusative for the nominative case. Instances are found in almost every sentence of the Preface to the First Book of Celsus. The reader should observe that Celsus is here delivering an historical account of the opinions and arguments of the different sects, in support of their own doctrines and opinions; and, had he used the subjunctive with all the adjuncts frequently necessary, his description must have been much more verbose, and his composition proportionally inelegant. The suppression of certain superfluous words in sentences constitutes what are termed elliptical constructions; and the ancient writers constantly adopted them, from the conciseness and elegance which they gave to their compositions. As examples: "*Neque esse dubium;*"—"Eum vero, recte curaturum;"*—"Non enim quidlibet antiquiores viros aëris inculcasse;"—"sed cogitasse;"—"et id usu explorasse." "*Neque interesse.*" "*Sæpe vero etiam nova incidere genera morborum,*" &c. In all such instances, as in the case of the subjunctive, some verb is suppressed, such as "*aiunt,*" "*ferunt,*" "*proponunt,*" "*asserunt,*" "*dicunt,*" &c.; for example, (They assert) *that he will rightly cure;*† (They say) *that the ancient physicians did not prescribe at random, but (they affirm) that they considered;* (They maintain) *also that new kinds of diseases often occur.* Here the student must carefully observe, that these are but equivalent modes of construction, and that the latter is, in translation, to be supplied with the English for "*quod*" or "*ut,*" the accusative rendered as a nominative, and the infinitive as a finite mood; and either mode may be resolved by the other. In the example of the conjunction, instead of "*notæ sunt ut corpus frigescat, anima deficiat,*" might be expressed "*frigescere corpus, animam deficere;*" and the accusative with the infinitive, may be resolved by "*quod,*" and the subjunctive, as *dicunt quod non intersit, proponunt quod incidant etiam nova genera morborum;* in which the accusatives are converted into nominatives, and the infinitives into finite moods.

As the subjunctive is frequently nothing more than an equivalent for the indicative, it ought very often to be rendered as the indicative, and not with the English auxiliaries *may, can, would, could, should, &c.,* and which are only admissible when the subjunctive potential, implying power, possibility, liberty, will, duty, &c. is used. This modification is frequently an equivalent for the infinitive, and may even be rendered by it; as, "*medici cura esse debet, ut morbum mutet;*" and which may be rendered, "the object of the physician ought to be to *change* the disease;" or "*ut mutet morbum,*" may be put in place of a nominative to the verb "*debet;*" as *to change the disease ought to be, &c.‡*

* The words marked in *Italics* are the accusatives and infinitives, equivalent to the nominatives and subjunctives of the other forms of expression.

† The English verbs in parentheses are the suppressed verbs.

‡ The subjunctive potential is also used with interrogatives and indefinites; the foregoing explanations will apply.

With respect to the tenses of this mood and its modification, they are, like itself, contingent or conditional, and may be considered as almost always expressive of some kind of futurity. Futurity may be considered in several kinds of relations: it may be absolute or conditional; fixed or contingent, definite or indefinite. Absolute or unconditional futurity is expressed by the future indicative, which is also named the future imperfect, as importing that two actions, as yet future, shall be contemporary in their execution, as "*cum cænabo tu leges*," when I shall sup or shall be supping, you shall read. The above might also be expressed by a preposition and the gerund in dum of the accusative, as "*inter cænandum*," during supping, "*tu leges*," thou shalt read. But "*cum cænauero tu leges*," when I *shall have* supped thou shalt read; implies, *after* supper you shall read.

The preterperfect is divided into definite and indefinite. This tense generally speaks of time perfectly passed, that is, of an action perfectly completed and finished. The definite speaks of a thing which happened at a certain time passed, but which was finished or completed then. The indefinite speaks of a thing as but now passed, or at least without reference to the particular time of its occurrence. The first is Englished by "*did*," or *simply* by the perfect, as "*heri te quæsivi*," "*yesterday I did seek*," or more simply, "*I sought thee*." The latter takes the English auxiliary "*have*," as "*sæpe te quæsivi*," "*I have often sought thee*."

The above will be found to apply to the same tense of the subjunctive; as, definitely "*licet heri te quæsiverim*," "*though I sought thee yesterday*," indefinitely, "*etiāmsi periculum fecerim*," "*though I have made trial*."

There is but little to remark upon in relation to the imperative mood; except that this mood borrows its perfect tense from the subjunctive potential. Thus, (Lib. i. cap. iii.) "*Ante omnia norit quisque*," I have translated "*Let every one have become acquainted with*," &c. There is sufficient authority for this, as in Mart., "*Arserit Evadne*," "*Let Evadne have been burnt*:" in Cicero, "*Iverit ad bellum*," "*Let him have gone to the war*;" "*Esto; fecerit male*," "*Be it so; let him have acted badly*." I adduce these examples as authority for my deviating from the usual mode of rendering this passage,—"*Every one SHOULD know*," which mode cannot be defended upon grammatical principles. The use of the infinitive for the subjunctive has been already explained.—Previously to quitting the subject of moods and tenses, it will be necessary to observe, that the student may understand some parts of this translation, that all the tenses of the indicative mood may be rendered by the participle in "*ing*," and the corresponding times of the English auxiliary *to be* as in the following example; which, *mutatis mutandis*, will apply to the subjunctive.

INDICATIVE.

PRESENT,	Ambulo,	I walk,	or I am	} walking.
IMPERFECT,*	Ambulabam,	I did walk,	I was	
PRETERPERFECT,	Ambulavi,	I have walked,	I have been	
PRETERPLUPERFECT,	Ambulaveram,	I had walked,	I had been	
FUTURE,	Ambulabo,	I shall walk,	I shall be	

The infinitive mood, as a substitute for the subjunctive, has been already explained;† and when the latter of two verbs coming together is put in the infinitive, the rule is too clear to require comment.

* This tense may be Englished with *used* and the infinitive, as "*caput ægri perfundebat*," "*used to bathe*;" "*deinde vinum dabat*," "*used to give wine*." Lib. iii. cap. xiv.

† Upon this, also consult the Author's Introduction to the translation of "*Gregory's Conspexus*."

The next subject for consideration is the construction of gerunds. The gerund in "dum" of the nominative, with "*est*" set impersonally, is often used. It implies a necessity or duty, moral or imperative, and the person upon whom the obligation or duty falls, is put in the dative case. This necessity is expressed in English by "must," "ought," &c.—"*præcipueque omnibus eo utendum est*;"—"huic aliquod tempus *servandum* curationi corporis sui *est*." "He must reserve some time," &c. This may probably be thus resolved: "*est (utile negotium) huic servandum*," &c., "it is a (useful thing) (for or to) this person to reserve," &c. *Servandum* is evidently the active part of the verb, and *corpus* is governed by it in the accusative, otherwise *huic*, the dative, could not have been used.

The participle passive in "*dus*" admits of pretty nearly a similar construction. But in such case the agent is in the ablative: thus, Lib. III. cap. ii. "*aqua bibenda*," (sc. ab ægro,) is evidently the passive participle *bibendus*, and is supplied "*water is to be drunk (by the patient)*." Neuter nouns will admit of either resolution, unless when a particular association indicates the contrary: thus, Lib. IV. cap. ii. s. 4.—"*deinde cum cibo plenius vinum bibendum*," "*vinum*" may be either the nominative governing "*bibendum*,"—or the accusative governed of it: but "*modo vinum, modo aqua bibenda est*." Evidently the passive participle is here used, for the agreement of "*bibenda*" with "*aqua*" shews that it is the governed, not the governing word. In the passage "*modo aqua, modo vinum bibendum*," the passive construction is determined by "*aqua*" being in the nominative; whereas, were it active, it would be "*aquam*," instead of "*aqua*."

The subjunctive of "*sum*" with this gerund, is sometimes varied by the gerund in "dum" of the accusative with the infinitive "*esse*." This, of course, depends upon a foregoing verb. Of this we have an example in the following—"cui per se quoque *medendum esse* (sc. nobis) manifestum *est*:" and which might be varied "*cui per se quoque (nobis) quod medendum sit manifestum est*," in which mode *medendum* becomes the nominative gerund, *quod* supplied, and the infinitive *esse* converted into the corresponding time of the subjunctive.

The gerund in "*di*" is used after certain nouns and adjectives. Of the former class are *causa*, *ratio*, *necessitas*—Lib. I. cap. ii. "*si mane surgendi necessitas fuerit*." "*Primoque medendi scientia*." Præf. "*donec Asclepiades medendi rationem*," &c. Præf. Certain adjectives, as "*cupidus discendi*" require after them the gerund in "*di*."

The gerund in "*do*" of the dative is used mostly after certain adjectives, as "*utilis, idoneus*," &c., as, *charta utilis scribendo*.

The gerund in *dum* of the accusative is used after prepositions, such as *ad*, *ob*, *inter*, &c., as, *inter terendum*, while rubbing. Often the gerundives, with or without a preposition, are substituted for the gerunds, and then they take the number, gender, and case of their substantives, as, Lib. IV. cap. iv. s. 3, "*Neque utilia sunt quæ urinæ movenda sunt*." Lib. II. cap. xv. *ad eam discutiendam*.

Participles of the past tense passive voice may often be Englished with "*being*," "*having*," &c., prefixed, and these are not to be mistaken for *ablatives absolute*: for example, "*si id membrum, ex levi causa fatigatum*," that limb (being) *fatigued*, "*sanguis missus adjuvat*," blood (being) *let*, &c.

The future in *rus*, as well as that in *ro*, and the future *indicative*, are used indifferently to express futurity, but still with some little modification. The future in *ro* is used mostly with conjunctions: "*Quam quoties posuero, scire licet*,"—"which as often as I shall (have) mention(ed);" Lib. III. cap.

xviii. The future in *rus* expresses purpose, design, contingency, and is rendered accordingly by shall, will, would, should, could, &c.—“quid aut intus sit, aut *venturum* sit, ostendunt,” Lib. II. cap. vii. “What *will* happen.” Lib. III. cap. xviii.—“per hanc enim nos *consecuturos*.” “that we *should* effect,” &c., sometimes it may be Englished as the infinitive active: “ille assideat necesse est, qui *visurus* est,” Lib. III. cap. iv. “Who is *to see*.”

The future perfect of the subjunctive in *im*, or extract, has the signs “*should, would,*” &c., as “injussu tuo nunquam *pugnaverim*.”—Liv. And “quis hunc vere *dixerit* divitem.”—Cic. The expression in such instances will depend much upon that of the *preceding* verb.

The next subject for remark is, the various applications and significations of the verb “*sum*.” This verb signifies “to be,” “to exist,” “to be present,” “to arise” or “originate,” &c. It also signifies possession, part, duty, property, &c. and it is very often put for “*habeo*,” to have, and for “*affero*,” to bring. It very often signifies to exist or to be present, and the equivalent English signification is expressed by “there is.” Examples of this occur in “*præter hos quantum est*,” “*ut quotidie plures accessiones remissionesque sint*,” “*unum illud est*.” “There is,” is the mode in which I have rendered these, as more consonant to our form of expression. Hence, perhaps, it might appear that the several substantives were nominatives following the verb *sum*, instead of the actual nominative case to the verb, as is the real construction; and the true rendering is as follows:—“besides these, a fourth kind *is*,” (*i. e.* exists) “that several accessions and remissions *are* (*i. e.* take place) daily;” “this one thing *is*,” (exists or is essential). The above remarks, *mutatis mutandis*, will apply to the accusatives before the same verb; as in the very beginning of the first chapter of the third book, the reader will find the passage, “*Ex quo plura eorum genera esse, manifestum est*,” which I have rendered, “from which it is evident *that there are* several kinds of them;” whereas, the more correct mode perhaps would be, “whence it is evident *that several kinds of them are*,” (*i. e.* exist).

When *sum* signifies the part or duty, as well as possession, &c. it takes a genitive after it, of the person, &c. An example of this construction will be found in—“*Ob quam causam periti medici est*,” where “*est*” signifying the duty or part, has “*medici*” in the genitive case. This construction is elliptical, for the genitive is not governed by the verb “*sum*,” but by a substantive understood, as *proprium, officium, munus*, &c.; and in the present example may be thus supplied, “*est (officium) periti medici*,” where *medici* is the genitive governed of *officium* by the rule “the latter of two substantives,” &c.

Sum is very often put for *habeo*; but the *ultra literal* mode of translating is wholly incorrect. Let us take for example the proposition, “*Est mihi liber*,” “this is a complete and definite proposition. The Latin equivalent is “*Ego habeo librum*,” “I have a book,” which is, without any addition, an intelligible and complete proposition. But the *ultra literal* translation is not only an incomplete and imperfect proposition, but when completed has an entirely different meaning from what the Latin expresses. “A book is to me,” has no meaning, for it is an incomplete proposition; but if we subjoin what is suppressed, we shall add, “a source of delight or of pain,” as “A book is to me a source of delight or of vexation,” which is a very different signification from the Latin, “I have a book.” This application of “*sum*” is very frequent with Celsus, and I have deemed it right to offer these observations, that the reader may not

misunderstand the deviations from what may be termed "ultra literal translation." Thus, in Book i. chap. iv, he will find, "Si cui capilli sunt," in accordance with the above principles translated, "If a person have hairs;" and the last sentence of the same book—"transitus ei esse,"—translated "*that he have changes.*" Gentlemen have asserted to me that they are expected to give a literal translation at the Hall. That I am ready to admit; but what can be more literal than giving to words and sentences the precise meaning, and in the precise modes of expression, which Celsus himself would have adopted, if requested to express himself in different terms? Therefore, although I readily admit that the Examiners at the Hall expect a "literal translation," I can by no means concede that such respectable gentlemen estimate the candidate's knowledge of the Latin language, by the *quantum* of jargon and absurdity which he can contrive to introduce into his own. There are several other verbs, "do, supposito," &c. which admit a similar construction.

Sum, for *affero*, to bring, governs two datives, they are so clearly distinguished in the translation that no comment seems necessary.

Several verbs govern a dative case instead of an accusative; as for instance, *medeor, succurro*;—thus we say, *mederi morbo, succurrere imbecillitati*: some govern an ablative, as *fungor, fruor, utor*. The governed word, however, should not have the "sign" of the case prefixed, as some are in the habit of doing, and which perverts the meaning: as, for instance, we say, "to treat disease;" "to relieve weakness;" "*uti balneo*," "to use the bath," not "*with the bath*," as some say, and which implies that something else is to be conjoined with or superadded to the use of the bath, and which is by no means expressed or understood.

Impersonals often govern a genitive or dative of the *expressed* term. As "interest juvenum," "it concerns young men," &c. Sometimes a dative, as "*jam mihi dictum est*." A difficult construction occurs in the sentence "*huic succurri posse propositum*." Here *succurri* and *posse* may be considered as *impersonal* infinitives; the former from *succurritur*, and it ought to be translated as if *huic* were the accusative preceding the infinitive *posse*, as will be seen in its proper place. The English language affords no parallel grammatical construction.

The conjunction "*ne*" is almost invariably rendered *lest*, whereas it is more frequently put for "*ut ne*," or "*ut non*," or more simply for "*ut*" instances of which it is not here necessary to particularise. Another application of *ne* is, that it converts a kind of positive or affirmative term into a negative; thus, *ne quis, ne quid, ne unquam, ne ulla*, are equivalent to *nemo, nihil, nunquam, nulla*: and followed by the subjunctive or potential, are the same as if *ut* preceded the verb to which these substantives may be the nominative case: perhaps one example may suffice. Cap. xvi. lib. iii. "*eo tempore attendendum est, ne quid fiat*," which is the same as "*ut nihil fiat*," and should be rendered, "*that nothing be done*." In Cap. xxiii. lib. iii. will be found "*ne iterum unquam sumat*," where "*ne unquam*" is put for "*ut nunquam*." *Nihil* is often put for *non*; and, by ellipsis, adverbially for *tantum*. This will be found in the eighteenth Chapter, "*nihil nisi continendus æger est*," where "*nihil nisi*" have the force of "*tantum*."

I have given, as far as possible, the meanings which the words in the text really have; where not, explanations are put in brackets. It will not be necessary to enter into farther explanations here, as will be obvious on examining the translation. I have adopted Milligan's interpretation of the *Materia Medica*, and *Materia Alimentaria Celsiana*. I have also adopted and faithfully translated from his text, nor have I taken the slightest

liberty with it, nor altered it in any way to smooth down the difficulties of construction in certain parts. Thus, *ita ut*, will be found equivalent, and rendered by our English *in like manner*. Other instances will be found. Where an evident error of the press inserted a false concord, I have not hesitated to correct it; such however are rare. I have adopted Milligan's text, first, because I believe it to be the purest and most correct; 2dly, because it is the one selected for the examination of Candidates at Apothecaries' Hall.

Many object to translations of this sort, because they think it an encouragement to idleness. If to economise the time of the industrious student; if to assist the grammarian to read with ease and dispatch a difficult author, and which, without such assistance, would occupy even a tolerable proficient in Latin nearly five or six times the period required with such assistance: if to unfold at a single glance the mysteries of construction,* and to remove the difficulties which otherwise would not only embarrass, but impede the progress of the student; if such be to encourage idleness and ignorance, I am willing at once to plead guilty; but, though self-confessed and convicted, I feel but little apprehension for the consequences.

This translation does not profess to supply the elementary knowledge of the Latin tongue, but only to assist in reading an author, which would otherwise cost more labour and occupy more time than can well be afforded from other important studies. There is a difference between *free* and *literal* translation. Both should faithfully set forth the sense and meaning of the author; but the free may rival, even excel, the force and elegance of the original, while the literal can only convey the meaning in a plain, easy, and intelligible style. As such, I hope this effort will be found fully to answer its object,—no pains have been spared to render it adequate to the purpose.

ROBERT VENABLES.

17, *Ely Place, Holborn*; Dec. 2, 1836.

* As instances, Celsus often makes Greek adjectives agree with Latin substantives; thus, in the Preface, *διαίτητιχην, φαρμακευτικην, χειρουργικην*, Greek adjectives (although I have rendered them substantively) agree with *partem* in a previous sentence; and again Latin adjectives he makes agree with Greek substantives in Lib. iv. cap. vi. "*criturque acutus morbus qui πλευριτικός a Græcis nominatur*,"—and cap. vii. *morbis quem περιπνευμονικον*," &c.—cap. viii. *ηπατικον* Græci, and in which several instances the Greek adjectives agree with *morbis*, or the relative to which *morbis* is the antecedent, and are therefore masculine; but in cap. ii. of the same book, there is "*Acutus et pestifer morbus est, quam κεφαλαιαν* Græci vocant;" in which the relative *quam* is made feminine, to agree with *κεφαλαιαν* the nearest, in preference to its immediate antecedent *morbis*, which is masculine.

PRIMUS LIBER
THE FIRST BOOK

AULI CORNELII CELSI
OF AULUS CORNELIUS CELSUS

DE-MEDICA-RE.
CONCERNING MEDICAL MATTER,
(MEDICINE).

Ur agricultura promittit alimenta sanis corporibus, sic medicina
As agriculture promises aliments to healthy bodies, so medicine
(promittit) sanitatem ægris (corporibus). Hæc (medicina) quidem
(promises) health to the sick. This (medicine) indeed
est non nusquam: siquidem etiam imperitissimæ gentes
is not nowhere (is every where): since even the most unskilful nations
noverunt herbas que alia prompta in auxilium vulnerum
were acquainted with herbs and other (things) ready for the aid of wounds
que morborum. Veruntamen exulta est apud Græcos aliquanto
and of diseases. Nevertheless it was cultivated amongst the Greeks somewhat
magis quàm in cæteris nationibus: ac ne quidem apud hos
more than in other nations: and not even amongst them
a primâ origine, sed paucis seculis ante nos; utpote cùm
from (their) first origin, but a few ages before us; inasmuch as
Æsculapius celebretur vetustissimus auctor. Qui quoniam excoluit
Æsculapius is celebrated as (its) most ancient author. Who because he cultivated
hanc, adhuc rudem et vulgarem scientiam paulò subtilius,
this, as yet rude and vulgar science a little more accurately,
receptus est in numerum Deorum. Deinde duo filii hujus,
was received into the number of the Gods. Afterwards the two sons of him,
Podalirius et Machaon, secuti Agamemnonem ducem Trojano
Podalirius and Machaon, having followed Agamemnon their leader to the Trojan
bello, attulerunt non mediocrem opem suis commilitonibus.
war, brought no slight (great) assistance to their fellow-soldiers.

Ur alimenta sanis corporibus Agricultura, sic
sanitatem ægris Medicina promittit. Hæc
nusquam quidem non est: siquidem etiam im-
peritissimæ gentes herbas, aliaque prompta,
in auxilium vulnerum morborumque noverunt.
Veruntamen apud Græcos aliquanto magis,
quam in cæteris nationibus, exulta est: ac
ne apud hos quidem a prima origine, sed
paucis ante nos seculis; utpote cum vetustis-
simus auctor Æsculapius celebretur. Qui,
quoniam adhuc rudem et vulgarem hanc
scientiam paulo subtilius excoluit, in Deorum
numerus receptus est. Hujus deinde duo
filii, Podalirius et Machaon, bello Trojano
ducem Agamemnonem secuti, non mediocrem
opem commilitonibus suis attulerunt. Quos

Quos, tamen, Homerus non proposuit attulisse
Whom, however, Homer has not declared (not represented) to have brought
 aliquid auxilii in pestilentia, neque in variis generibus morborum,
any (of) aid in the plague; nor in the various kinds of diseases,
 sed tantummodo esse solitos mederi vulneribus ferro
but only to have been accustomed to cure wounds by the knife (opera-
tions) and medicaments. From which it appears that these branches alone
 medicinae esse tentatas ab his, quae eas esse vetustissimas.
of medicine were attempted by them, and that they were the most ancient.
 Que potest quoque disci eodem auctore, morbos tum
And it may also be learned from the same author, that diseases at that time
 esse relatos ad iram immortalium Deorum, et opem
were referred to the anger of the immortal Gods, and that assistance
 (esse) solitam posci ab iisdem. Que est verisimile,
(was) accustomed to be sought from the same. And it is probable,
 inter nulla auxilia adversae valetudinis, tamen eam (sc. valetudinem)
amongst the no remedies for ill health, yet that it
 plerumque contigisse bonam, ob bonos
generally fell out good (that good health prevailed), on account of their simple
 mores, quos neque desidia, neque luxuria vitiantur. Siquidem
manners, which neither sloth nor luxury had corrupted. Since
 haec duo (sc. vitia) affligerunt corpora (sc. hominum) prius in
these two (vices) afflicted bodies (attacked the human frame) first in
 Graecia, deinde apud nos. Que ideo ista multiplex medicina,
Greece, then amongst ourselves. And therefore that complicated medicine,
 necessaria neque olim, neque apud alias gentes, vix perducit
necessary neither formerly, nor amongst other nations, scarcely conducts
 aliquos ex nobis ad principia senectutis. Ergo etiam post eos
some of us to the verge of old age. Therefore even after those
 de quibus retuli, nulli clari viri exercuerunt medicinam,
of whom I have spoken, no celebrated men practised medicine,
 donec disciplina literarum cepit agitari maiore
until the study of letters (literature) began to be cultivated with greater
 studio; quae ut est, praecipue omnium, necessaria animo, sic
zeal; which as it is, especially of all things, necessary to the mind, so
 (est) inimica corpori. Que primo scientia medendi habebatur
(it is) injurious to the body. And at first the science of healing was accounted
 pars sapientiae, ut et curatio morborum, et contemplatio
a branch of philosophy, so that both the cure of diseases, and the study
 naturae rerum nata sit sub iisdem
of the nature of bodies (natural philosophy) originated under (with) the same

tamen Homerus, non in pestilentia, neque in variis generibus morborum aliquid attulisse auxilii, sed vulneribus tantummodo ferro et medicamentis mederi solitos esse proposuit. Ex quo apparet, has partes medicinae solas ab his esse tentatas, easque esse vetustissimas. Eodemque auctore disci potest, morbos tum ad iram Deorum immortalium relatos esse, et ab iisdem opem posci solitam. Verique simile est, inter nulla auxilia adversae valetudinis, plerumque tamen eam bonam contigisse, ob bonos mores, quos neque desidia, neque luxuria vitiantur. Siquidem haec duo corpora, prius

in Graecia, deinde apud nos, affligerunt. Ideoque multiplex ista medicina, neque olim, neque apud alias gentes necessaria, vix aliquos ex nobis ad senectutis principia perducit. Ergo etiam post eos, de quibus retuli, nulli clari viri medicinam exercuerunt; donec maiore studio literarum disciplina agitari cepit, quae ut animo praecipue omnium necessaria, sic corpori inimica est. Primoque medendi scientia sapientiae pars habebatur; ut et morborum curatio, et rerum naturae contemplatio sub iisdem auctoribus nata sit: scilicet iis hanc maxime requirentibus, qui corporum

auctoribus: scilicet iis requirentibus hanc maxime, qui minuerant
authors: in fact those requiring it most of all, who had lessened
 roborâ suorum corporum quietâ cogitatione, quæ nocturnâ vigiliâ.
the strength of their bodies by quiet thought, and nocturnal waking.
 Quæ ideo accepimus multos ex professoribus sapientiæ
And therefore we have understood that many of the professors of philosophy
 fuisse peritos ejûs (medicinæ;) vero ex iis Pythagoram, et
were skilled in it (medicine;) but of these that Pythagoras, and
 Empedoclem, et Democritum (esse) clarissimos. Autem Hip-
Empedocles, and Democritus (were) the most celebrated. But Hip-
 pocrates Cous, discipulus hujûs, ut quidam crediderunt, vir
pocrates of Cos, a pupil of the latter, as some believed, a man
 insignis et arte et facundiâ, primus, quidem, ex omnibus
remarkable both for his skill and eloquence, first, indeed, of all
 dignis memoriâ, separavit hanc disciplinam ab studio sapientiæ.
worthy of mention, separated this science from the study of Philosophy.
 Post quem Diocles Carystius, deinde Praxagoras et Chrysippus,
After whom Diocles the Carystian, afterwards Praxagoras and Chrysippus,
 tum Herophilus, et Erasistratus sic exercuerunt hanc artem, ut
then Herophilus, and Erasistratus so practised this art, that
 etiam processerint in diversas vias curandi. Quæ iisdem
they even proceeded into different ways of curing. And at the same
 temporibus medicina diducta est in tres partes; ut esset una
time medicine was divided into three parts; so that there was one
 quæ mederetur victu, altera, quæ (mederetur) medicamentis,
which treated by diet, another, which (treated) by medicines,
 tertia, quæ (mederetur) manu. Græci
a third, which (treated) by the hand (surgical operations). The Greeks
 nominarunt primam διατητικὴν (diaietiken), secundam φαρμακευ-
named the first part dietetics, the second pharmaceu-
 τικὴν (pharmakeutiken), tertiam χειρουργικὴν (cheiourgiken). Autem
tics, the third chirurgery. But
 longè clarissimi auctores ejûs (partis) quæ curat morbos
by far the most celebrated authors of that plan which cures diseases
 victu, conati etiam agitare quædam altius, vindicarunt
by diet, having attempted also to treat some things more deeply, claimed
 sibi quoque cognitionem naturæ rerum, tanquam
to themselves also a knowledge of the nature of bodies (Physics), as if
 sine eâ medicina esset trunca et debilis. Post quos, Serapion
without it medicine would be imperfect and weak. After whom, Serapion
 primus omnium, professus hanc rationalem disciplinam pertinere
first of all, having asserted that this rational study contributed

suorum robora quietâ cogitatione, nocturna-
 que vigilia minuerant. Ideoque multos ex
 sapientiæ professoribus peritos ejus fuisse
 accepimus; clarissimos vero ex iis Pythagoram
 et Empedoclem et Democritum. Hujus autem,
 ut quidam crediderunt, discipulus Hippocrates
 Cous, primus quidem ex omnibus memoria
 dignis, ab studio sapientiæ disciplinam hanc
 separavit, vir et arte et facundia insignis.
 Post quem Diocles Carystius, deinde Praxagoras
 et Chrysippus, tum Herophilus et Erasistratus
 sic artem hanc exercuerunt, ut etiam in diversas

curandi vias processerint. Iisdemque tempo-
 ribus in tres partes medicina diducta est: ut
 una esset quæ victu; altera quæ medicamentis;
 tertia quæ manu mederetur. Primam διατητικὴν,
 secundam φαρμακευτικὴν, tertiam χειρουργικὴν,
 Græci nominarunt. Ejus autem, quæ victu
 morbos curat, longè clarissimi auctores etiam
 altius, quædam agitare conati rerum quoque
 naturæ sibi cognitionem vindicarunt tanquam
 sine ea trunca et debilis medicina esset. Post
 quos Serapion, primus omnium nihil hanc
 rationalem disciplinam pertinere ad medicinam

nihil ad medicinam, posuit eam tantum in usu et experimentis.
nothing to medicine, placed it only in practice and experiments.

Quem Apollonius et Glaucias, et aliquanto post Heraclides
Whom Apollonius and Glaucias, and a little after Heraclides

Tarentinus, et quoque alii non mediocres viri secuti,
the Tarentine, and also other not slight (celebrated) men having followed,

appellaverunt se Εμπειρικους (Empeirikous), ex professione
called themselves Empirics, from the profession

ipsâ. Sic quoque ea medicina quæ
itself (i.e. what they professed). Thus also that (branch of) medicine which

curat victu, divisa est in duas partes; aliis vindicantibus sibi
treats by diet, was divided into two parts; some claiming to themselves

rationalem artem, aliis tantum usum; vero nullo, post eos,
a reasoning science, others only experience; but no one, after those,

qui comprehensi sunt supra, agitante quidquam, nisi quod acce-
who have been enumerated above, practising any thing, except what he had

perat, donec Asclepiades ex magnâ parte mutavit rationem
heard of, until Asclepiades in a great measure changed the method

medendi. Ex cuius successoribus Themison ipse nuper quoque
of healing. Of whose successors Themison himself lately also

deflexit quædam in senectute. Et quidem maximè per hos
altered some things in his old age. And indeed principally by these

viros ista salutaris professio increvit nobis.
men that salutary profession hath increased (improved) to us (to our time).

Autem quoniam ex tribus partibus medicinæ, ut ea (pars)
But because of the three branches of medicine, as that (branch)

quæ medetur morbis est difficillima, sic etiam (est) cla-
which treats diseases is the most difficult, so also (it is) the most

rissima, dicendum est de hâc (parte) ante omnia.
celebrated, we must speak concerning it before all things (in the first place).

Et quia prima dissensio est in eo, quod alii contendunt
And because the first disagreement is in this, that some contend

notitiam experimentorum tantummodo esse necessarium sibi;
that a knowledge of experiments only is necessary to them;

alii proponunt usum esse non satis potentem,
others assert that experience is not sufficiently powerful (is insufficient),

nisi ratione corporum que rerum, compertâ; indicandum
unless the nature of bodies and things, being understood; we must point

est quæ maximè dicantur ex utrâque parte, quo nostra opinio
out what chiefly may be said on both sides, that our own opinion

quoque possit facilius interponi. Ii igitur, qui profitentur
also may the more easily be interposed. They therefore, who profess

professus, in usu tantum et experimentis eam posuit. Quem Apollonius, et Glaucias, et aliquanto post Heraclides Tarentinus, et alii quoque, non mediocres viri, secuti, ex ipsa professione se Εμπειρικους appellaverunt. Sic in duas partes ea quoque, quæ victu curat, medicina divisa est, aliis rationalem artem, aliis usum tantum sibi vindicantibus: nullo vero quidquam post eos, qui supra comprehensi sunt, agitante, nisi quod acceperat: donec Asclepiades medendi rationem ex magnâ parte mutavit. Ex cuius successoribus Themison nuper ipse quoque quædam in senectute deflexit.

Et per hos quidem maximè viros salutaris ista nobis professio increvit.

Quoniam autem ex tribus medicinæ partibus, ut difficillima, sic etiam clarissima est ea, quæ morbis medetur, ante omnia de hâc dicendum est. Et quia prima in eo dissensio est, quod alii sibi experimentorum tantummodo notitiam necessariam esse contendunt: alii, nisi corporum rerumque ratione compertâ, non satis potentem usum esse proponunt; indicandum est, quæ maximè ex utrâque parte dicantur, quo facilius nostra quoque opinio interponi possit. Igitur ii, qui rationalem

rationalem medicinam, proponunt hæc esse
theoretical medicine, assert that these things (the following) are
 necessaria; notitiam causarum abditarum et continentium
necessary; a knowledge of causes hidden and containing (constituting)
 morbos, deinde evidentium, post hæc etiam naturalium
diseases, then of evident (causes), after these also of the natural
 actionum, novissimè interiorum partium. Vocant causas abditas,
operations, lastly of the inner parts. They call the causes hidden,
 in quibus requiritur ex quibus principiis nostra corpora sint,
in which it is sought of what elements our bodies may be (consist),
 quid faciat secundam valetudinem, quid adversam. Enim neque
what causes (constitutes) good health, what bad. For neither
 credunt eum posse scire quomodo conveniat curare morbos,
do they believe that he can know how it may be proper to treat diseases,
 qui ignoret unde hi sint. Neque esse dubium
who is ignorant from whence they may be (arise). Nor that it is doubtful
 quin sit opus alià curatione, si aliquod ex quatuor
but that there is need of one (method of) cure, if any one of the four
 principiis, vel superans vel deficiens, creat adversam valetudinem,
principles, either superabundant or deficient, cause ill health,
 ut quidam ex professoribus sapientiæ dixerunt; alià (cura-
as some of the professors of philosophy have asserted; of another (method
 tione, si omne vitium est in humidis (partibus) (the fluids),
of cure,) if the whole fault is in the moist parts
 ut visum est Herophilo; alià, si in spiritu,
as it seemed (probable) to Herophilus; of another, if in the spirit (respiration),
 ut (visum est) Hippocrati; alià, si sanguis transfunditur
as (it seemed probable) to Hippocrates; of another, if the blood is transfused
 in eas venas quæ sunt accommodatæ spiritui, et excitat
into those vessels which are fitted for air, and cause
 inflammationem, quam Græci nominant φλεγμονήν (phlegmonen), que
inflammation, which the Greeks term phlegmon, and
 inflammatio efficit talem motum, qualis est in febre,
that inflammation produces such a motion, as there is in fever (febrile
 ut placuit Erasistrato; alià, si corpuscula manantia
action), as it pleased Erasistratus; of another, if the small particles flowing
 per invisibilia foramina subsistendo claudunt iter, ut Asclepiades
through the invisible pores by stopping close the passage, as Asclepiades
 contendit. Vero eum curaturum (esse) rectè, quem prima origo
contends. But that he will cure rightly, whom the first origin
 causæ non fefellerit. Vero neque inficiantur
of the cause hath not deceived (who is acquainted with). But neither do they deny

medicinam profitentur, hæc necessaria esse
 proponunt: abditarum et morbos continentium
 causarum notitiam, deinde evidentium, post
 hæc etiam naturalium actionum, novissimè
 partium interiorum. Abditas causas vocant,
 in quibus requiritur, ex quibus principiis nostra
 corpora sint, quid secundam, quid adversam
 valetudinem faciat. Neque enim credunt, posse
 eum scire, quomodo morbos curare conveniat,
 qui, unde hi sint, ignoret. Neque esse dubium,
 quin alia curatione opus sit, si, ex quatuor
 principiis, vel superans aliquod vel deficiens,
 adversam valetudinem creat; ut quidam ex

sapientiæ professoribus dixerunt: alià, si in
 humidis omne vitium est; ut Herophilo visum
 est: alià, si in spiritu; ut Hippocrati:
 alià, si sanguis in eas venas, quæ spiritui
 accommodatæ sunt, transfunditur, et inflam-
 mationem, quam Græci φλεγμονήν nominant,
 excitat, eaque inflammatio talem motum efficit,
 qualis in febre est; ut Erasistrato placuit:
 alià, si manantia corpuscula, per invisibilia
 foramina subsistendo, iter claudunt; ut
 Asclepiades contendit. Eum vero rectè cura-
 turum, quem prima origo causæ non fefellerit.
 Neque vero inficiantur, experimentis quoque

experimenta esse quoque necessaria, sed contendunt aditum
that experiments are also necessary, but they contend that an approach
 potuisse ne fieri ad hæc nisi ab aliquâ ratione. Enim
could not be made to them unless from some reasoning. For that
 antiquiores viros (sc. medicos) non inculcasse quidlibet,
the more ancient men (physicians) did not inculcate any thing (at random),
 ægris, sed cogitasse quid maxime conve-
(direct) to their patients, but that they thought (reflected) what most would
 niret; et explorasse id usu, quo aliqua conjectura ante
suit; and proved that by trial, whither some conjecture had previously
 duxisset. Neque interesse an nunc pleraque jam explorata sint,
led them. Nor that it matters whether now most things may have been already
 si, tamen, cœperunt a consilio. Et id
proved, if, nevertheless, they originated from thought (reflection). And that it
 quidem ita habere se in multis.
indeed so has itself in many cases (and that this is frequently the case).
 Vèro sæpe etiam nova genera morborum incidere, in quibus usus
But often also that new kinds of diseases happen, in which practice
 adhuc ostenderit nihil; et ideo sit necessarium
as yet can have shewn nothing; and therefore it may be necessary
 animadvertere unde ea (genera) cœperint; sine
to consider from whence they (kinds of diseases) may have begun; without
 quo nemo mortalium possit reperire
which (knowledge of their origin), no one of mortals (no man) can discover
 cur utatur hoc potius quam illo. Et, ob
why he should use this (remedy) rather than that. And, on account of
 hæc, quidem, persequuntur causas positas in obscuro.
these things, indeed, they investigate the causes placed in obscurity (occult causes).
 Vero appellant eas (causas) evidentes, in quibus quærunt, calor
But they call those (causes) evident, in which they inquire, whether heat
 attulerit initium morbi, an frigus, fames, an satietas, et
have brought on the beginning of disease, or cold, hunger, or repletion, and
 quæ sunt similia. Enim dicunt eum, qui non ignorârit
things which are similar. Moreover they say that he, who shall not be ignorant
 originem occurrurum (esse) vitio.
(is acquainted with) the origin (of disease) will resist the disorder.
 Vèro appellant actiones corporis naturales per quas trahimus
But they call the actions of the body natural by which we draw in
 et emittimus spiritum; et assumimus et concoquimus
and emit the breath (respiration); we both take and digest
 cibum que potionem, que item per quas hæc eadem
food and drink (deglutition and digestion), and also by which these same things

esse necessaria; sed ne ad hæc quidem aditum fieri potuisse, nisi ab aliqua ratione, contendunt. Non enim quidlibet antiquiores viros ægris inculcasse, sed cogitasse, quid maxime conveniret, et id usu explorasse, quo ante conjectura aliqua duxisset. Neque interesse, an nunc jam pleraque explorata sint, si a consilio tamen cœperunt. Et id quidem in multis ita se habere. Sæpe vero etiam nova incidere genera morborum, in quibus nihil adhuc usus ostenderit; et ideo necessarium sit animadvertere, unde ea cœperint; sine quo

nemo mortalium reperire possit, cur hoc, quam illo, potius utatur. Et ob hæc quidem in obscuro positas causas persequuntur. Evidentes vero eas appellant, in quibus quærunt, initium morbi calor attulerit, an frigus; fames an satietas; et quæ similia sunt. Occurrurum enim vitio dicunt eum, qui originem non ignorarit. Naturales vero corporis actiones appellant, per quas spiritum trahimus et emittimus; cibum potionemque et assumimus, et concoquimus; itemque, per quas eadem hæc in omnes membrorum partes digeruntur. Tum

digeruntur in omnes partes membrorum.
(meat and drink) are distributed into all the parts of the limbs

Tum etiam requirunt, quare nostræ venæ modo
(apposition). Then also they seek, wherefore our vessels sometimes

submittant se modo attollant
lower themselves (contract), sometimes raise themselves (dilate)

quæ sit ratio somni, quæ vigiliæ: sine notitiâ
what may be the cause of sleep, what of watching: without the knowledge

quorum, putant neminem posse vel occurrere, vel mederi
of which, they think that no one can either arrest, or cure

morbis nascentibus inter hæc. Ex quibus, quia concoctio
diseases arising from these (things). Of which, because digestion

videtur maxime pertinere ad rem, potissimum insistent huic,
seems chiefly to belong to the matter, they especially insist on it,

et alii, Erasistrato duce, contendunt cibum
and some, Erasistratus being their authority, contend that the food

teri in ventre; alii, Plistonico discipulo Praxagoræ
is triturated in the stomach; others, Plistonicus the pupil of Praxagoras

(duce) (contendunt,) putrescere: alii credunt Hippocrati,
(authority) (contend,) that it putrefies: others believe Hippocrates,

cibos concoqui per calorem: quæ æmuli Asclepiadis
that the food is digested by heat: and the admirers of Asclepiades

accedunt, qui proponunt omnia ista esse vana et supervacua,
follow, who assert that all these things are vain and superfluous,

enim nihil concoqui, sed crudam materiam, sicut
for that nothing is digested, but that the crude matter, as

assumpta est, diduci in omne corpus. Et hæc
it has been taken, is conveyed into every part of the body. And these things

quidem parum constant inter eos: vero illud convenit,
indeed are little agreed upon among them: but this is agreed upon,

alium cibum (esse) dandum laborantibus, si hoc est
that one (kind of) food is to be given to those sick, if the latter is

verum; alium, si illud. Nam si (cibus) teritur intus,
true; another, if the former. For if it (the food) is triturated within,

eum esse quærendum, qui possit facillime teri;
that that (food) is to be sought, which can most easily be triturated;

si putrescit, eum in quo hoc (putrescere) est expeditissimum;
if it becomes putrid, that in which this (putrefaction) is most expeditious;

si calor concoquit, eum qui maxime movet calorem: at nihil
if heat digests, that which chiefly excites heat: but that none

ex his esse quærendum si nihil concoquitur; vero ea
of these things is to be sought if nothing is digested; but that those things

requirunt etiam, quare venæ nostræ modo submittant se, modo attollant; quæ ratio somni, quæ vigiliæ sit; sine quorum notitiâ, neminem putant vel occurrere vel mederi morbis, inter hæc nascentibus, posse. Ex quibus, quia maxime pertinere ad rem concoctio videtur, huic potissimum insistent; et, duce alii Erasistrato, teri cibum in ventre contendunt; alii Plistonico, Praxagoræ discipulo, putrescere: alii credunt Hippocrati, per calorem cibos concoqui: acceduntque Asclepiadis æmuli, qui omnia ista vana et supervacua esse, proponunt:

nihil enim concoqui; sed crudam materiam, sicut assumpta est, in corpus omne diduci. Et hæc quidem inter eos parum constant: illud verò convenit, alium dandum cibum laborantibus, si hoc; alium si illud verum est. Nam si teritur intus, eum quærendum esse, qui facillime teri possit; si putrescit, eum, in quo hoc expeditissimum est; si calor concoquit, eum, qui maxime calorem movet: at nihil ex his esse quærendum, si nihil concoquitur; ea verò sumenda, quæ maxime manent, qualia assumpta sunt. Eademque ratione, cum spiri-

esse sumenda, quæ maxime manent, qualia sunt assumpta.
are to be taken, which mostly remain, such as they have been taken.
 Que eadem ratione cum spiritus est gravis cum somnus,
And for the same reason when the breathing is heavy (laborious) when sleep,
 aut vigilia urget, arbitrantur eum, qui prius preceperit
or watchfulness oppresses, they think that he, who has previously noticed
 illa ipsa, qualiter eveniant, posse mederi.
those very things, in what manner they may happen, can treat them.
 Præter hæc, cum et dolores et varia genera morborum
Besides these things, as both pains and various kinds of diseases
 nascantur in interioribus partibus, putant neminem posse adhibere
may arise in the inner parts, they think that no one can administer
 remedia his qui ignoret (partes) ipsas. Esse ergo
remedies these who is ignorant of (the parts) themselves. That it is therefore
 necessarium incidere corpora mortuorum, quæ scutari eorum viscera
necessary to dissect the bodies of the dead, and to examine their viscera
 atque intestina; quæ Herophilum et Erasistratum fecisse longé
and intestines; and that Herophilus and Erasistratus did by far
 optimè qui inciderint nocentes homines vivos, acceptos ex
the best who dissected guilty men (malefactors) alive, received out of
 carcere a regibus, quæ considerarint, etiam num spiritu
prison from the kings, and considered, whilst as yet the breath
 remanente, ea quæ natura ante clausisset, quæ eorum
remaining, those things which nature had before concealed, and their
 positum, colorem, figuram, magnitudinem, ordinem, duritiem,
position, colour, figure, size, relative situation, hardness,
 mollietiem, lævorem, contactum: deinde processus et recessus
softness, smoothness, connexion: then the processes and the recesses
 singulorum, et sive quid inseritur alteri, sive
(depressions) of each, and whether anything is inserted in another, or
 quid recipit partem alterius in se. Enim cum dolor
any thing receives a part of another into itself. For when pain
 incidit intus, neque (posse) eum scire quid doleat, qui
happens within, that neither (can) he know what is in pain, who
 non cognoverit quâ parte quodque viscus ve intestinum sit: neque
shall not know in what situation each viscus or intestine is: nor that
 id quod est ægrum, posse curari ab eo qui ignoret quid
that which is diseased, can be cured by him who does not know what
 sit. Et cum viscera alicujus patefacta sunt per vulnus,
it is. And when the viscera of any one have been exposed by a wound,
 eum qui ignoret colorem cuiusque partis sanæ, nescire
that he who does not know the colour of each part when sound, knows not

tus gravis est, cum somnus aut vigilia urget, eum mederi posse arbitrantur, qui prius illa ipsa, qualiter eveniant, perceperit. Præter hæc, cum in interioribus partibus et dolores et morborum varia genera nascantur, neminem putant his adhibere posse remedia, qui ipsas ignoret. Necessarium ergo esse incidere corpora mortuorum, eorumque viscera atque intestina scrutari: longèque optimè fecisse Herophilum et Erasistratum, qui nocentes homines, a regibus ex carcere acceptos, vivos inciderint, considerarintque, etiamnum spiritu re-

manente, ea quæ natura ante clausisset eorumque positum, colorem, figuram, magnitudinem, ordinem, duritiem, mollietiem lævorem, contactum; processus deinde singulorum et recessus, et sive quid inseritur alteri, sive quid partem alterius in se recipit. Neque enim, cum dolor intus incidit, scire quid doleat, eum, qui, qua parte quodque viscus intestinumve sit, non cognoverit: neque curari id, quod ægrum est, posse ab eo, qui, quid sit ignoret. Et cum per vulnus alicujus viscera patefacta sunt, eum, qui sanæ cuiusque colorem partis ignoret, nescire

quid sit integrum, quid corruptum; ita posse ne quidem
what may be sound, what diseased; so that he cannot indeed
 succurrere corruptis. Que remedia imponi extrinsecus
remedy the diseased parts. And that remedies are placed externally,
 aptius, et sedibus et figuris interiorum compertis
more properly, both the situations and figures of the inner parts being ascertained
 que magnitudine eorum cognitâ: que omnia, quæ
and size of them being known: and that all the things, which
 posita sunt, habere similes rationes. Neque esse
have been asserted, have (admit) similar reasonings. Nor that it is
 crudele, sicut plerique proponunt, remedia quæri
cruel, as many assert, that remedies should be sought
 innocentibus populis omnium seculorum suppliciis nocentium
for the innocent people of all ages by the punishments of guilty
 hominum, et horum quoque paucorum.
men, and those also few.

Contra ii qui nominant se *ἐμπειρικοὺς*
On the other hand they who name themselves empirics
 (empeiricous) ab experientiâ: amplectuntur quidem evidentes
from experience: embrace (acknowledge) indeed the evident
 causas ut necessarias; verò contendunt quæstionem obscurarum
causes as necessary; but they contend that the investigation of the obscure
 causarum et naturalium actionum esse supervacuum idèd,
causes and of the natural actions is superfluous on this account,
 quoniam natura sit non comprehensibilis. Verò (eas causas, &c.) posse
because nature is not comprehensible. But that they
 non comprehendi, patere ex discordiâ eorum, qui
cannot be understood, is manifest from the disagreement of those, who
 disputarunt de his; cum conveniat neque inter
have disputed concerning those things; since it is agreed upon neither among
 professores sapientiæ, neque inter medicos ipsos de istâ
the professors of philosophy, nor among physicians themselves upon that
 re. Enim cur aliquis credat Hippocrati potius quam
subject. For why should any one believe Hippocrates rather than
 Herophilo? cur huic potius quam Asclepiadi? Si velit
Herophilus? why this man rather than Asclepiades? If he is willing
 sequi rationes, (rationes) omnium posse videri non improbables;
to follow reasonings, that those of all may seem not improbable;
 si curationes, ægros perductos esse ad sanitatem omnibus his:
if cures, that the sick have been brought to health by all these:
 ita opportuisse fidem derogari neque disputationi
therefore that it is proper that faith be derogated neither from the reasoning

quid integrum quid corruptum sit; ita ne succurrere quidem posse corruptis. Aptiusque extrinsecus imponi remedia, compertis interiorum et sedibus et figuris, cognitaque eorum magnitudine: similesque omnia, quæ posita sunt rationes habere. Neque esse crudele, sicut plerique proponunt, hominum nocentium, et horum quoque paucorum suppliciis, remedia populis innocentibus seculorum omnium quæri.

Contra ii, qui se *ἐμπειρικοὺς* ab experientiâ nominant, evidentes quidem causas, ut necessarias, amplectuntur: obscurarum vero causa-

rum et naturalium actionum quæstionem ideo supervacuum esse contendunt, quoniam non comprehensibilis natura sit. Non posse vero comprehendi, patere ex eorum, qui de his disputarunt, discordia; cum de istâ re, neque inter sapientiæ professores, neque inter ipsos medicos conveniat. Cur enim potius aliquis Hippocrati credat, quam Herophilo? cur huic potius, quam Asclepiadi? Si rationes sequi velit, omnium posse videri non improbables; si curationes, ab omnibus his ægros perductos esse ad sanitatem: ita neque disputationi, ne-

neque auctoritati cuiusquam (sc. eorum); etiam studiosos
 nor from the authority of any one; moreover that the learned
 sapientiæ esse maximos medicos, si ratiocinatio faceret
 in philosophy should be the best physicians, if reasoning could accomplish
 hoc; nunc verba superesse illis, scientiam medendi
 this; now that words abound to them, that the knowledge of healing
 deesse. Quoque genera medicinæ differere pro naturâ
 is wanting. Also that the kinds of medicine differ according to the nature
 locorum; et aliud esse opus Romæ, aliud in Egypto,
 of places: and that one kind is needful at Rome, another in Egypt,
 aliud in Galliâ. Quod si eæ causæ, quæ essent ubique
 another in Gaul. But if those causes, which were every where
 eadem, facerent morbos, remedia quoque debuisse esse
 the same, produced diseases, that the remedies also ought to have been
 ubique eadem. Sæpe causas etiam apparere, ut
 every where the same. Often that the causes even are apparent, as
 puta lippitudinis, vulneris; neque medicinam patere
 for instance of lippitude, of a wound; nor that the remedy is manifest
 ex his. Quod si evidens causa non subiciat hanc scientiam,
 from these. But if an evident cause cannot suggest this knowledge,
 multo minus posse eam quæ est in dubio subicere. Cum
 much less can that (cause) which is in doubt suggest it. Since
 igitur illa sit incerta (que) incomprehensibilis, præsidium esse
 therefore it is uncertain (and) incomprehensible, that aid ought
 petendum potius a certis et exploratis; id est,
 to be sought rather from certain and tried things; that is,
 iis quæ experientia docuerit in curationibus ipsis,
 from those things which experience shall have taught in the cures themselves,
 sicut in omnibus cæteris artibus. Nam quidem agricolam
 as in all the other arts. For indeed that a husbandman
 aut gubernatorem ne fieri disputatione sed usu. Ac istas
 or a pilot is not made by disputation but by practice. And that these
 cogitationes pertinere nihil ad medicinam disci quoque
 considerations conduce in no way to medicine may be learned also
 eo, quod qui senserint diversa
 from this, that they who have thought different things (differently)
 de his, tamen perduxerint homines ad eandem
 on these subjects, yet have brought men to the same
 sanitatem. Enim fecisse id, non quia traxerint
 good health. Moreover that they did that, not because they derived
 vias medendi ab obscuris causis, neque a naturalibus
 their methods of healing from obscure causes, nor from natural

que auctoritati cuiusquam fidem derogari oportuisse. Etiam sapientiæ studiosos maximos medicos esse, si ratiocinatio hoc faceret: nunc illis verba superesse, deesse medendi scientiam. Differre quoque, pro natura locorum, genera medicinæ; et aliud opus esse Romæ, aliud in Egypto, aliud in Galliâ. Quod si morbos eæ causæ facerent, quæ ubique eadem essent, remedia quoque ubique eadem esse debuisse. Sæpe etiam causas apparere, ut puta lippitudinis, vulneris; neque ex his patere medicinam. Quod si scientiam hanc non subji-

ciat evidens causa, multo minus eam posse subicere, quæ in dubio est. Cum igitur illa incerta, incomprehensibilis sit, a certis potius et exploratis petendum esse præsidium, id est, iis, quæ experientia in ipsis curationibus docuerit; sicut in cæteris omnibus artibus. Nam ne agricolam quidem aut gubernatorem disputatione, sed usu fieri. Ac nihil istas cogitationes ad medicinam pertinere, eo quoque disci, quod qui diversa de his senserint, ad eandem tamen, sanitatem homines perduxerint. Id enim fecisse quia non ab obscuris causis, ne-

actionibus, quæ erant diversæ apud eos, sed ab experimentis, functions, which were different among them, but from experiments, prout responderant cuique. Medicinam esse ne according as they had answered (succeeded with) to each. That medicine was not deductam quidem inter initia ab istis quæstionibus, sed ab derived even at the beginning from these inquiries, but from experimentis. Enim alios ægrorum, qui erant sine medicis, experiments. For that some of the sick, who were without physicians, propter aviditatem assumpsisse cibum protinus primis diebus, through greediness had taken food immediately in the first days, alios propter fastidium abstinuisse, que morbum eorum that others through loathing had abstained from it, and that the disease of those qui abstinerant, fuisse magis levatum. Que item alios edisse who had abstained, was more relieved. And also that some had eaten aliquid in febre ipsâ, alios paulò ante eam, alios something in the fever (paroxysm) itself, others a little before it, others post remissionem ejûs; deinde cessasse optime iis, qui after the remission of it; then that it happened best to those, who fecerant id post finem febris. Que eâdem ratione had done that after the termination of the paroxysm. And for the same reason allos usos esse plenior cibo protinus inter principia, allos that some had used a fuller diet immediately at the commencement, others exiguo; que eos factos esse graviore qui implerant se. a spare one; and that they became worse who had filled themselves. Cum hæc que similia inciderent quotidie, diligentes When these and similar things were happening daily, that careful homines notâsse, quæ plerumque responderent melius: deinde persons observed, which generally succeeded the better: then cœpisse præcipere ea ægrotantibus. Medicinam sic ortam-(esse) that they began to prescribe them for the sick. That medicine thus arose (originated) subinde salute aliorum, interitu aliorum, discernentem perniciosam frequently by the safety of some, by the death of others, distinguishing pernicious a salutaribus. Deinde remediis jam repertis, homines from salutary things. Then remedies being already discovered, that men cœpisse disserere de eorum rationibus (modus operandi); nec began to reason concerning their operations; nor medicinam inventam esse post rationem; sed post medicinam inventam, rationem quæsitam esse. Etiam, covered (after the discovery of medicine), that theory was investigated. Also, requirere, si ratio doceat idem quod experientia, that they inquire, whether theory teaches the same thing which experience

que a naturalibus actionibus, quæ apud eos diversæ erant, sed ab experimentis, prout quæ responderant, medendi vias traxerint. Ne inter initia quidem ab istis quæstionibus deductam esse medicinam sed ab experimentis. Ægrorum enim qui sine medicis erant, alios propter aviditatem primis diebus protinus cibum assumpsisse, alios propter fastidium abstinuisse; levatumque magis eorum morbum esse qui abstinerant. Itemque alios in ipsa febre aliquid edisse, alios paulo ante eam, alios post remissionem ejus: optime deinde iis cessasse,

qui post finem febris id fecerant. Eademque ratione alios inter principia protinus usos esse cibo plenior, alios exiguo; gravioreque eos factos, qui se implebant. Hæc similiaque cum quotidie inciderent, diligentes homines notasse, quæ plerumque melius responderent: deinde ægrotantibus ea præcipere cœpisse. Sic medicinam ortam, subinde aliorum salute, aliorum interitu, perniciosam discernentem a salutaribus. Repertis deinde jam remediis, homines de rationibus eorum disserere cœpisse; nec post rationem, medicinam esse inventam;

an aliud; si idem, esse supervacuum
(teaches), or another (different); if the same, that it (theory) is superfluous;
 si aliud, etiam contrariam. Primo, tamen, remedia
if another, that it is even injurious. At first, nevertheless, that remedies
 fuisse exploranda summâ curâ, verò nunc
ought (to have been) to be tried with the greatest care, but that now they
 jam explorata esse: neque aut ulla nova genera morborum reperiri,
have already been tried: nor that either any new kinds of diseases are found,
 aut novam medicinam desiderari. Quòd si aliquod ignotum genus
or is a new medicine desired. But if some unknown kind
 mali jam incidat, tamen non ideo fore me-
of malady should now happen, yet that it would not therefore be for the
 dico cogitandum de obscuris causis; sed eum
physician to reason concerning occult causes; but that he should
 protinus visurum (esse) cui morbo id sit proximum,
immediately see to what disease it (the new kind of disease) is nearest,
 que tentaturum (esse) remedia similia illis, quæ sæpe succurrerint
and would try remedies similar to those, which often relieved
 vicino malo, et reperturum (esse) opem per ejus similitudinem.
the analogous disorder, and would find aid through its similarity.
 Enim, neque se dicere medicum non egere
Moreover, that neither do they assert that a physician does not require
 consilio, et irrationale animal posse præstare hanc artem;
deliberation, and that an irrational animal can practise this art;
 sed has conjecturas latentium rerum pertinere non ad rem,
but that these conjectures of hidden things belong not to the matter,
 quia intersit non quid faciat morbum, sed quid tollat; neque
because it matters not what causes the disease, but what removes it; nor
 pertineat ad rem quomodo, sed quid optime
that it pertains to the purpose how (distribution takes place), but what can be best
 digeratur; sive concoctio incidat de hac causâ sive de illa; et
distributed; whether digestion depend upon one cause or another; and
 sive illa sit concoctio, sive tantum
whether it be concoction (according to Erasistratus, &c.), or only
 digestio. Neque esse quærendum quomodo spiremus,
distribution. Nor that it is to be inquired how we breathe (respiration
 sed quid expediat gravem que tardum spiritum; neque
takes place), but what can relieve laborious and slow breathing; nor
 quid moveat venas, sed quid quæque genera
what moves the vessels (causes pulsation), but what each kind
 motus significant. Autem hæc cognosci experimentis.
of pulsation indicate. But that these things are known by experiments.

sed post inventam medicinam, rationem esse
 quesitam. Requiritur etiam, ratio idem doceat
 quod experientia, an aliud; si idem, super-
 vacuam esse; si aliud, etiam contrariam. Pri-
 mo tamen remedia exploranda summa cura
 fuisse, nunc vero jam explorata esse; neque
 aut nova genera morborum reperiri, aut novam
 desiderari medicinam. Quod si jam incidat
 mali genus aliquod ignotum, non ideo tamen
 fore medico de rebus cogitandum obscuris:
 sed eum protinus visurum, cui morbo id prox-
 imum sit; tentaturumque remedia similia illis,

quæ vicino malo sæpe succurrerint, et per ejus
 similitudinem opem reperturum. Neque enim
 se dicere, consilio medicum non egere, et irra-
 tionale animal hanc artem posse præstare;
 sed has latentium rerum conjecturas ad rem non
 pertinere; quia non intersit, quid morbum
 faciat, sed quid tollat; neque ad rem perti-
 neat, quomodo, sed quid optime digeratur:
 sive hæc de causa concoctio incidat, sive de
 illa; et sive concoctio sit illa, sive tantum di-
 gestio. Neque quærendum esse quomodo spi-
 remus, sed quid gravem tardumque spiritum

Et in omnibus cogitationibus ejusmodi, posse disseri in
And in all conjectures of that sort, that it may be argued on
 utramque partem: itaque ingenium et facundiam vincere; autem
both sides: therefore that ability and eloquence prevail; but
 morbos curari, non eloquentiâ, sed remediis. Quæ dis-
that diseases are cured, not by eloquence, but by remedies. Which different
 creta, si quis elinguis bene norit usu,
things, if any dumb person should be well acquainted with by experience,
 hunc futurum aliquantô majorem medicum, quam si excoluerit
that he would be a somewhat greater physician, than if he cultivated
 suam linguam sine usu. Atque ea quidem, de
his eloquence without experience. And that those things indeed, concerning
 quibus dictum est, esse tantummodò supervacua; verò id, quod
which it has been spoken, are only superfluous; but that, which
 restat, (esse) etiam crudele: alvum atque præcordia vivorum
remains, (is) even cruel: that the belly and the præcordia of living
 hominum incidi, et artem præsidem humanæ salutis
persons should be cut into, and that an art the protector of human health
 inferre non solum pestem alicui, sed hanc (pestem) etiam
should bring not only a pest upon any one, but this (pest) even
 atrocissimam; cum, præsertim ex iis, quæ quærantur
the most atrocious; since, especially of those things, which are sought
 tantâ violentiâ, alia possint non cognosci omnino, alia possint,
with such great violence, some cannot be known at all, others may,
 etiam sine scelere. Nam colorem, lævorem, mollitiem, duritiem,
even without cruelty. For that the colour, smoothness, softness, hardness,
 que omnia similia esse non talia, inciso corpore, qualia
and all similar things are not such, in the dissected body, as
 fuerint integro: quia cum, corporibus inviolatis, tamen
they were in the entire (body): because when, bodies being uninjured, yet
 hæc sæpe mutantur metu, dolore, inediâ, cruditate, lassi-
these things are often changed by fear, pain, hunger, indigestion, lassi-
 tudine, mille aliis mediocribus affectibus; multò magis verisimile
tude, a thousand other minor affections; much more probable
 est interiora, quibus (partibus) sit major mollities et
is it that the inner parts, to which (parts) there is greater softness and
 lux ipsa nova, mutari, sub gravissimis vulneribus et
the light itself (is) new, should be changed, under the severest wounds and
 trucidatione ipsâ. Neque quidquam esse stultius, quàm existimare
murder itself. Nor that any thing is more foolish, than to think
 quidque esse tale moriente, immò jam mortuo
that any thing is such in a dying, nay even in the already dead

expediat: neque quid venas moveant, sed quid
 queque motus genera significant. Hæc autem
 cognosci experimentis. Et in omnibus ejus-
 modi cogitationibus in utramque partem dis-
 seri posse: itaque ingenium et facundiam
 vincere; morbos autem, non eloquentia, sed
 remediis curari. Quæ si quis elinguis usu dis-
 creta bene norit, hunc aliquanto majorem me-
 dicum futurum, quam si sine usu linguam
 suam excoluerit. Atque ea quidem, de quibus
 est dictum, supervacua esse tantummodo; id
 vero, quod restat, etiam crudele: vivorum ho-
 minum alvum atque præcordia incidi, et salu-
 tis humanæ præsidem artem, non solum pestem

alicui, sed hanc etiam atrocissimam, inferre;
 cum præsertim ex iis, quæ tanta violentia
 quærantur, alia non possint omnino cognosci,
 alia possint etiam sine scelere. Nam colorem,
 lævorem, mollitiem, duritiem, similiaque om-
 nia, non esse talia, inciso corpore, qualia in-
 tegro fuerint: quia cum, corporibus inviolatis,
 hæc tamen metu, dolore, inedia, cruditate, las-
 situdine, mille aliis mediocribus affectibus
 sæpe mutantur; multo magis verisimile est,
 interiora, quibus major mollities, lux ipsa nova
 sit, sub gravissimis vulneribus et ipsa truci-
 datione mutari. Neque quidquam esse stultius,
 quam quale quidque vivo homine est, tale ex-

homine, quale est vivo. Nam utrum quidem, qui
man, as it is in the living. For that the belly indeed, which
 pertineat minus ad rem, posse diduci,
pertains less to the purpose (is of less vital importance), may be opened,
 homine spirante: vero simul atque ferrum accessit ad præ-
the man still breathing: but as soon as the knife has reached to the præ-
 cordia et transversum septum quod diducit superiores
cordia and the transverse partition (midriff) which separates the superior
 partes ab inferioribus, quâdam membranâ, Græci vocant
parts from the inferior, by a kind of membrane, the Greeks term it
 διάφραγμα (diaphragma), discissum est, hominem protinus
(diaphragm) has been divided, that the man immediately
 amittere animam; ita demum necesse est præcordia et
loses his life; so indeed it is necessary that the præcordia and
 omne viscus mortui dari in conspectum latrocinantis
every viscus of the dead man be presented to the sight of the murdering
 medici tale quale sit mortui, non quale fuit vivi. Itaque
physician such as it is of one dead, not as it was of one alive. Therefore
 medicum consequi, ut crudeliter jugulet hominem; non ut sciat
that the physician effects, that he cruelly butcher a man; not that he can know
 qualia viscera vivi habemus. Tamen si sit
what sort (of) viscera (whilst) living we have. However if there be
 quid quod subjiciatur conspectui, homine adhuc spirante,
any thing which can be presented to view, in a man still breathing,
 casum sæpe offerre id curantibus. Enim
that accident often presents that to those curing (practitioners). For
 interdum gladiatorem in arenâ, vel militem in acie,
sometimes that the gladiator on the stage, or the soldier in the field of battle,
 vel viatorem exceptum a latronibus sic vulnerari, ut aliqua
or the traveller attacked by robbers is so wounded, that some
 interior pars ejus aperiatur, et alia (pars) in alio
interior part of him is exposed, and a different (part) in a different
 (homine; ita prudentem medicum cognoscere sedem, positum,
person:) thus that the prudent physician discovers the situation, position,
 ordinem, figuram, que alia similia, molientem, non cædem,
arrangement, figure, and other like things, designing, not slaughter,
 sed sanitatem; que discere id per misericordiam quod alii
but health; and learns that through humanity which others
 cognoverint dirâ crudelitate. Ob hæc,
became acquainted with by terrible cruelty. On account of these things,
 lacerationem mortuorum quidem esse ne necessariam: quæ
that the mangling of the dead even is not necessary: which

istimare esse moriente, immo jam mortuo. Nam utrum quidem, qui minus ad rem pertineat, spirante homine posse diduci: simul atque vero ferrum ad præcordia accessit, et discissum transversum septum est, quod membrana quadam superiores partes ab inferioribus diducit, (διάφραγμα Græci vocant) hominem protinus animam amittere; ita mortui demum præcordia et viscus omne in conspectum latrocinantis medici dari necesse est tale, quale mortui sit, non quale vivi fuit. Itaque consequi medicum ut hominem crudeliter jugulet; non ut sciat, qualia vivi viscera habeamus. Si

quid tamen sit, quod adhuc spirante homine conspectui subjiciatur, id sæpe casum offerre curantibus. Interdum enim gladiatorem in arena, vel militem in acie, vel viatorem a latronibus exceptum sic vulnerari, ut ejus interior aliqua pars aperiatur, et in alio alia: ita sedem, positum, ordinem, figuram, similiaque alia cognoscere prudentem medicum, non cædem, sed sanitatem molientem; idque per misericordiam discere, quod alii dira crudelitate cognoverint. Ob hæc, ne mortuorum quidem lacerationem necessariam esse: quæ, et in non crudelis, tamen fœda sit; cum aliter pleraque

(sc. laceratio,) etsi non crudelis, tamen sit fœda; cum
 mangling, although not cruel, yet is loathsome; since
 pleraque habent se aliter in mortuis:
 most things have themselves otherwise (appear different) in dead bodies:
 vero curatio ipsa ostendat quantum potest cognosci
 but the dressing (of wounds) itself shews as much as can be known
 in vivis.
 in living bodies.

Cum hæc tractata sint sæpe atque tractentur a
 Whereas these things have been treated of often and may be treated of by
 medicis per multa volumina que per disputationes magnæ
 physicians in many volumes and in disputes of great
 contentionis; (mihi) subiiciendum est quæ possint videri proxima
 contentionis; I must subjoin what may seem nearest
 vero. Ea sunt neque addicta alterutri opinioni,
 to the truth. Those things are neither devoted to the one or the other opinion,
 neque abhorrentia nimium ab utrâque; quodammodo media
 nor differing too much from both; in a manner a mean
 inter diversas sententias: quod licet scrutantibus
 between the different opinions: which it is permitted those searching after
 verum sine ambitione deprehendere in plurimis contentionibus; ut
 truth without ambition to admit in most controversies; as
 in hac ipsâ re. Nam demum quæ causæ vel præsent
 in this very matter. For finally what causes either produce
 secundam valetudinem vel excitent morbos; quomodo spiritus
 good health or excite diseases; by what means the breath
 aut cibis vel trahatur vel digeratur, ne quidem professores
 or the food either is drawn or distributed, not even the professors
 sapientiæ comprehendunt scientiâ, sed persequuntur conjecturâ.
 of philosophy understand by a (real) knowledge, but trace out by conjecture.
 Autem rei cuius est non certa notitia, opinio ejus
 But of the thing of which there is not a certain knowledge, an opinion of it
 potest non reperire certum remedium. Que est verum nihil
 cannot find (discover) a certain remedy. And it is true that nothing
 conferre plus ad rationem ipsam curandi quam experientiam.
 conduces more to the (rational) method itself of curing than experience.
 Quamquam igitur sint multa non proprie pertinentia ad artes
 Although therefore there be many things not properly belonging to the arts
 ipsas, tamen adjuvant eas excitando ingenium
 themselves, nevertheless they assist them by quickening the understanding
 artificis. Itaque ista contemplatio quoque naturæ rerum,
 of the artist. Therefore that contemplation also of the nature of bodies,

in mortuis se habent: quantum vero in vivis cognosci potest, ipsa curatio ostendat.

Cum hæc per multa volumina, perque magnæ contentiones disputationes, a medicis sæpe tractata sint atque tractentur; subiiciendum est, quæ proxima vero videri possint. Ea neque addicta alterutri opinioni sunt, neque ab utraque nimium abhorrentia; media quodammodo inter diversas sententias: quod in plurimis contentionibus deprehendere licet, sine ambitione verum scrutantibus; ut in hac ipsa re. Nam quæ demum causæ, vel secundam

valetudinem præsent, vel morbos excitent; quomodo spiritus, aut cibus, vel trahatur, vel digeratur, ne sapientiæ quidem professores scientia comprehendunt, sed conjectura persequuntur. Cuius autem rei non est certa notitia ejus opinio certum reperire remedium non potest. Verumque est, ad ipsam curandi rationem nihil plus conferre, quam experientiam. Quamquam igitur multa sint, ad ipsas artes, proprie non pertinentia, tamen eas adjuvant, excitando artificis ingenium. Itaque ista quoque naturæ rerum contemplatio, quamvis non

quamvis non faciat medicum, tamen reddit aptiorem
although it may not make a physician, yet it renders him more fit for
 medicinæ. Que est verisimile et Hippocratem et Erasistratum
medicine. And it is probable that both Hippocrates and Erasistratus,
 et quicumque alii, non contenti agitare febres et ulcera,
and whatsoever others, not contented to treat fevers and ulcers,
 scrutati sunt quoque ex aliquâ parte naturam rerum, fuisse non
investigated also to some extent the nature of bodies, were not
 ideo quidem medicos, verum exstitisse quoque ideo
on that account indeed physicians, but that they became also on that account
 majores medicos. Vero medicinæ ipsæ est (pro habet) opus ratione,
greater physicians. But medicine itself has need of reasoning,
 etsi non inter obscuras causas, neque inter naturales
although not amongst the occult causes, nor amongst the natural
 actiones, tamen sæpe. Enim hæc ars est conjecturalis, que plerumque
functions, yet often. For this art is conjectural, and oftentimes
 non solum conjectura ne respondet ei, sed etiam
not only his conjecture does not answer for him (succeed), but even
 experientia (non respondet.) Et interdum febris non subsequitur
experience (does not answer.) And sometimes fever does not follow
 (its antecedent), cibis non, somnus non, sicut assuevit.
food does not, sleep does not, as it has been accustomed.
 Rarius, sed aliquando morbus ipse quoque est novus: quem non
More rarely, but sometimes the disease itself also is new: that which does not
 incidere est manifeste falsum; cum quædam nostrâ ætate
happen is manifestly false; since a certain lady in our own time
 carne (utero inverso) prolapsâ ex naturalibus partibus
the flesh having fallen down from the natural parts
 et arente expiraverit intra paucas horas; sic
(genitals) and becoming dry (gangrenous) expired within a few hours; so
 ut nobilissimi medici invenerint neque genus mali,
that the most celebrated physicians found out neither the genus of the malady,
 neque remedium. Quos judico tentasse nihil, eo
nor a remedy. Whom I judge to have attempted nothing on this account
 quia nemo voluerit periclitari in splendidâ personâ
because no one wished to experiment upon an exalted personage
 suâ conjecturâ; ne videretur occidisce, nisi
upon his own conjecture; lest he might seem to have killed, unless
 servasset: tamen est verisimile (aliquem) potuisse
he had preserved her: nevertheless it is probable (that some one) might have
 cogitare aliquid, tali verecundiâ detractâ, et id fortasse
thought of something, such diffidence being laid aside, and that that perhaps

faciat medicum, aptiorem tamen medicinæ reddit. Verique simile est et Hippocratem, et Erasistratum, et quicumque alii, non contenti febres et ulcera agitare, rerum quoque naturam ex aliqua parte scrutati sunt, non ideo quidem medicos fuisse, verum ideo quoque majores medicos exstitisse. Ratione vero opus est ipsi medicinæ, etsi non inter obscuras causas neque inter naturales actiones, tamen sæpe. Est enim hæc ars conjecturalis, neque respondet ei plerumque non solum conjectura, sed etiam experientia. Et interdum non febris, non ci-

bis, non somnus subsequitur, sicut assuevit. Rarius, sed aliquando morbus quoque ipse novus est: quem non incidere, manifeste falsum est; cum ætate nostrâ quædam, ex naturalibus partibus carne prolapsa et arente, intra paucas horas expiraverit; sic ut nobilissimi medici neque genus mali, neque remedium invenerint. Quos eo nihil tentasse judico, quia nemo in splendida persona periclitari conjectura sua voluerit; ne occidisce, nisi servasset, videretur: veri tamen simile est, potuisse aliquid cogitare, detractâ tali verecundiâ, et fortasse respon-

responsurum fuisse quod aliquis expertus esset. Ad quod genus
would have succeeded which some one might have tried. To which kind
 medicinæ, neque similitudo semper confert aliquid; et si
of medicine, neither does analogy always contribute something; and if
 quando confert, tamen id ipsum est rationale, cogitare
at any time it does contribute, yet that itself is rational, to consider
 inter multa similia genera et morborum et remediorum, quo
amongst the many like kinds both of diseases and of remedies, which
 medicamento potissimum utendum sit (nobis.) Cum igitur talis res
medicine chiefly we ought to use. When therefore such a thing
 incidit, oportet (ut) medicus inveniat aliquid, quod
happens, it is expedient that the physician (must) discover something, which
 etiam fortasse non respondeat ubique sed tamen
though perhaps it may not answer everywhere (uniformly) yet nevertheless
 sæpius. Autem petet quoque novum consilium, non ab rebus
very often. But he will seek out also a new purpose, not from things
 latentibus, enim istæ sunt dubiæ et incertiæ, sed ab iis quæ
lying hid, for these are doubtful and uncertain, but from those which
 possunt explorari, id est evidentibus causis. Enim interest
can be explored, that is from the evident causes. For it imports
 fatigatio, sitis, an frigus, an calor, an vigilia, an fames, an
whether fatigue, thirst, or cold, or heat, or watching, or hunger, or
 abundantia cibi que vini, an intemperantia libidinis, fecerit
excess in food and wine, or intemperance in lust, have caused
 morbum. Neque oportet hunc ignorare quæ sit
the disease. Nor does it behove him (the physician) not to know what is
 natura ægri; ejus corpus sit magis humidum an
the constitution of the patient; whether his body be more moist or
 siccum; nervi validi an infirmi; adversa valetudo frequens
dry; his nerves (sinews or tendons) strong or weak; ill health frequent
 an rara; que ea (valetudo) cum est, soleat esse vehemens an
or rare; and it (ill health) when it is present, is accustomed to be severe or
 levis; brevis an longa: quod genus vitæ is secutus sit,
slight; short or long: what kind of life he has led, (whether)
 laboriosum an quietum; cum luxu, an cum frugalitate. Enim ex
laborious or quiet; with luxury, or with frugality. For from
 his que similibus sæpe nova ratio curandi est ducenda.
these and like things frequently a new method of curing is to be deduced.
 Quamvis hæc quidem debent ne præteriri sic quasi
However these things indeed ought not to be passed over so as if
 recipiant nullam controversiam. Nam et Erasistratus dixit
they admit of no controversy. For even Erasistratus has asserted

rum fuisse id, quod aliquis esset expertus. Ad quod medicinæ genus, neque semper similitudo aliquid confert; et si quando confert, tamen id ipsum rationale est, inter multa similia genera et morborum, et remediorum, cogitare, quo potissimum medicamento sit utendum. Cum igitur talis res incidit, medicus aliquid oportet inveniat, quod non ubique fortasse, sed sæpius tamen etiam respondeat. Petet autem novum quoque consilium, non ab rebus latentibus, istæ enim dubiæ et incertiæ sunt, sed ab iis, quæ explorari possunt, id est, evidentibus causis. Interest enim, fatigatio mor-

bum, an sitis, an frigus, an calor, an vigilia, an fames fecerit, an cibi vinique abundantia, an intemperantia libidinis. Neque ignorare hunc oportet, quæ sit ægri natura: humidum magis, an siccum corpus ejus sit; validi nervi, an infirmi; frequens adversa valetudo, an rara; eaque cum est, vehemens esse soleat, an levis; brevis, an longa: quod is vitæ genus sit secutus, laboriosum, an quietum; cum luxu, an cum frugalitate. Ex his enim, similibusque, sæpe curandi nova ratio ducenda est. Quamvis ne hæc quidem sic præteriri debent, quasi nullam controversiam recipiant. Nam

morbo non fieri ex his; quoniam et alii
that diseases were not caused by them; because both different persons
 et iidem alias non febricitarent post ista: et quidam
and the same at different times did not fever after them: and some
 medici nostri seculi, sub Themisone auctore, ut ipsi
physicians of our age, under Themison as their author, as they themselves
 volunt videri, contendunt notitiam nullius causæ pertinere
wish to seem, contend that the knowledge of no cause tends
 quidquam ad curationes; que
any thing to cures (is not necessary for the cure of diseases) and
 esse satis intueri quædam communia morborum. Siquidem
that it is sufficient to observe certain things common to (of) diseases. Since that
 tria genera horum esse, unum (genus) adstrictum
three kinds of these are (exist), the one (kind) bound (constipating)
 alterum fluens, tertium mixtum. Nam ægros
another the flowing (relaxing), the third mixed. For that the sick
 modo excernere parum modo nimium; modo parum
sometimes excrete little sometimes too much; sometimes little
 aliâ parte, aliâ nimium. Autem hæc genera morborum
from one part, from another too much. But that these kinds of diseases
 esse modo acuta, modo longa; et modo increscere,
are at one time acute, at another chronic; and that sometimes they increase,
 modo consistere, modo minui. Igitur cognito eo
sometimes stand still, sometimes are abated. Therefore having discovered that
 quod est ex his, si corpus est adstrictum, esse digerendum;
which it is of them, if the body is bound, that we ought to relax it;
 si laborat profluvio continendum (sc. profluvium;)
if it labours under a profluvium (sweating) (that) we ought to restrain (suppress it;)
 si habet mixtum vitium, subinde esse occurrendum (nobis)
if it has a mixed (complicated) disorder, that then we ought to oppose
 vehementiori malo. Et (nobis) medendum acutis morbis
the more violent malady. And that we ought to treat acute diseases
 aliter, vetustis aliter; increscentibus aliter subsistentibus
in one way, chronic in another; increasing ones by one method, those stationary
 aliter, aliter jam inclinatis ad sanitatem.
by another, still differently those already inclined to health.
 Observationem horum esse medicinam; quam
That the observance of these things is (constitutes) medicine; which
 ita finiunt, ut quasi quandam viam, quam Græci nominant
they so define, as it were a certain routine, which the Greeks name
 μέθοδον (methodon), que contendant esse contemplatricem
method, and contend that it (medicine) is the contemplation

et Erasistratus non ex his fieri morbos dicit; quoniam et alii, et iidem alias post ista non febricitarent: et quidam medici seculi nostri, sub auctore, ut ipsi videri volunt, Themisone, contendunt, nullius causæ notitiam quidquam ad curationes pertinere; satisque esse, quædam communia morborum intueri. Siquidem horum tria genera esse, unum adstrictum, alterum fluens, tertium mixtum. Nam modo parum excernere ægros, modo nimium; modo alia parte parum, alia nimium. Hæc autem genera morborum, modo acuta esse, modo longa; et

modo increscere, modo consistere, modo minui. Cognito igitur eo, quod ex his est, si corpus adstrictum est, digerendum esse; si profluvio laborat, continendum; si mixtum vitium habet, occurrendum subinde vehementiori malo. Et aliter acutis morbis medendum, aliter vetustis; aliter increscentibus, aliter subsistentibus, aliter jam ad sanitatem inclinatis. Horum observationem medicinam esse: quam ita finiunt, ut quasi viam quandam, quam μέθοδον Græci nominant, eorumque, quæ in morbis communia sunt, contemplatricem esse conten-

eorum quæ sunt communia in morbis. Ac
 (observance) of those things which are common in diseases. And
 neque volunt se adnumerari rationalibus, neque
 neither are they willing that they be ranked with the theorists, nor
 spectantibus tantum experimenta: cum dissentiant ab illis
 with those looking only to experiments: since they disagree from the former
 eo nomine, quod nolunt medicinam esse in
 in this respect, that they are unwilling that medicine be (consist) in
 conjecturâ rerum latentium; ab his eo, quod credunt
 the conjecture of things lying hid; from the latter in this, that they believe
 parum artis esse in observatione experimentorum.
 that little of the art is (consists) in the observation of experiments.
 Quod pertinet ad Erasistratum, primum, evidentia ipsa repugnat
 What (as) relates to Erasistratus, first, evidence (fact) itself opposes
 ejus opinioni; quia morbus raro venit nisi post aliquid
 his opinion; because disease seldom comes on unless after some one
 horum. Deinde non sequitur, ut id quod non
 of these (things). They it does not follow, that that which does not
 afficit alium, aut eundem alias, ne quidem noceat
 affect one person, or the same at a different time, should not indeed hurt
 alteri, aut eidem, alio tempore. Enim quædam
 another, or the same person, at another time. For some things
 possunt subesse corpori, vel ex ejus infirmitate, vel ex aliquo
 may be in the body, or from its infirmity, or from some
 affectu, quæ vel sunt non in alio, vel fuerunt non in hoc
 affection, which either are not in another, or were not in this
 (sc. corpore) alias; quæ ea non tanta ut
 (body now affected) at another time; and those things not so great that
 concitent morbum per se, tamen efficiant corpus
 they can excite disease by themselves, yet they may render the body
 magis obnoxium aliis injuriis. Quod si comprehendisset satis
 more liable to other injuries. But if he had understood sufficiently
 contemplationem naturæ rerum quam medici temere
 the study of the nature of bodies (Physics) which physicians rashly
 vindicant sibi, scisset illud etiam, nihil omnino
 claim to themselves, he would have known this also, that nothing at all
 fieri ob unam causam, sed id quod videtur
 is produced by a single cause, but that that which seems
 contulisse plurimum apprehendi pro causâ.
 to have contributed most is to be taken for (considered as) the cause.
 Autem id quod, dum est solum, potest non movere, junctum
 But that which, while it is alone, may not excite, joined

dant. Ac neque rationalibus se, neque experi-
 menta tantum spectantibus adnumerari vo-
 lunt: cum ab illis eo nomine dissentiant, quod
 in conjectura rerum latentium nolunt esse
 medicinam; ab his eo, quod parum artis esse
 in observatione experimentorum credunt.
 Quod ad Erasistratum pertinet, primum ipsa
 evidentia ejus opinioni repugnat; quia raro,
 nisi post horum aliquid, morbus venit. Deinde
 non sequitur, ut, quod alium non afficit, aut
 eundem alias, id ne alteri quidem, aut eidem
 tempore alio noceat. Possunt enim quædam

subesse corpori, vel ex infirmitate ejus, vel ex
 aliquo affectu, quæ vel in alio non sunt, vel in
 hoc alias non fuerunt; eaque per se non tanta,
 ut concitent morbum, tamen obnoxium magis
 aliis injuriis corpus efficiant. Quod si contem-
 plationem rerum naturæ, quam temere medici
 sibi vindicant, satis comprehendisset, etiam
 illud scisset, nihil omnino ob unam causam
 fieri, sed id pro causa apprehendi, quod contu-
 lisse plurimum videtur. Potest autem id, dum
 solum est, non movere, quod junctum aliis
 maxime movet. Accedit ad hæc, quod ne ipse

aliis, movet maxime. Ad hæc accedit, quod ne
to other things, excites very much. To these things it is added, that not
 quidem Erasistratus ipse, qui dicit febrem fieri sanguine
even Erasistratus himself, who says that fever is occasioned by blood
 transfuso in arterias, que id incidere corpore
being transfused into the arteries, and that that happens from the body
 nimis repleto reperit, cur ex duobus
being too much filled (over repleted), has discovered, why of two (persons)
 æque repletis, alter incideret in morbum, alter vacaret
equally repleted, the one should fall into disease, the other should be free from
 omni periculo; quod apparet fieri quotidie. Ex quo
all danger; which appears to happen daily. From which
 potest disci, ut vera, illa transfusio sit tamen illam
it may be learned however true, that (doctrine of) transfusion may be still that it
 non fieri per se, cum corpus est plenum, sed cum
is not produced by itself, when the body is plethoric, but when
 aliquid horum accesserit. Vero æmuli Themisonis,
some one of these (things) shall be added. But the disciples of Themison,
 si habent quæ promittunt, perpetua, sunt, etiam magis
if they consider the things which they assert, universal, are, even more
 quam ulli, rationales. Enim neque si quis non tenet omnia
than any, rationals. For neither if any one does not maintain all the
 quæ alius rationalis probat, protinus indiget
things which another rationalist approves, does he immediately stand in need of
 alio novo nomine artis; si modo, quod est primum,
another new name for his art; if provided, which is the chief thing,
 non insistit memoriæ soli, sed rationi quoque. Sin,
he does not depend on memory alone, but reasoning also. But if,
 quod est propius vero, medicinalis ars vix recipit ulla
which is nearer the truth, the medicinal art scarcely admits of any
 perpetua præcepta, sunt idem quod ii quos experimenta
universal precepts, they are the same as those whom experiments
 sola sustinent: eo magis quoniam quilibet etiam
alone support (empirics): so much the more because any one even
 impertissimus videt morbus compresserit an fuderit
the most unskilful perceives whether a disease have bound or relaxed
 aliquem: autem quid resolvat compressum, quid teneat
any one: but what can relax a bound, what can astringe
 solutum corpus, si est tractum a ratione, medicus est
a relaxed body, if it is deduced from reasoning, the physician is
 rationalis; si, ut est necesse ei qui negat se
a rationalist; if, as it is necessary for him who denies that he (is)

quidem Erasistratus, qui transfuso in arterias sanguine febrem fieri dicit, idque nimis repleto corpore incidere, reperit, cur ex duobus æque repletis, alter in morbum incideret, alter omni periculo vacaret; quod quotidie fieri apparet. Ex quo disci potest, ut vera sit illa transfusio, tamen illam non per se, cum plenum corpus est, fieri, sed cum horum aliquid accesserit. Themisonis vero æmuli, si perpetua, quæ promittunt, habent, magis etiam, quam ulli rationales sunt. Neque enim, si quis non omnia tenet, quæ rationalis alius probat, protinus

alio novo nomine artis indiget; si modo, quod primum est, non memoriæ soli, sed rationi quoque insistit. Sin, quod vero propius est, vix ulla perpetua præcepta medicinalis ars recipit, idem sunt, quod ii, quos experimenta sola sustinent: eo magis, quoniam, compresserit aliquem morbus, an fuderit, quilibet etiam impertissimus videt: quid autem compressum corpus resolvat quid solutum teneat, si a ratione tractum est, rationalis est medicus; si, ut ei, qui se rationalem negat, confiteri necesse est, ab experientia, empiricus. Ita apud eum morbi cognito

rationalem, confiteri (est tractum) ab experientiâ (est)
a rationalist, to confess (it has been deduced) from experience (he is)
 empiricus. Ita apud eum cognitio morbi est
an empiric. So with (according to) him knowledge of disease is
 extra artem, medicina intra usum.
beyond (foreign to) the art, the medicine (remedy) within experience.
 Neque quidquam adjectum est professioni empiricorum, sed
Nor has any thing been added to the profession of the empirics, but
 demtum; quoniam illi (empirici) circumspiciunt multa,
taken away; because the former (the empirics) look to many things,
 hi tantum facillima, et non plus quam
the latter (the Themisonians) only the most easy, and not more than
 vulgaria. Nam et ii, qui medentur pecoribus ac jumentis,
common things. For even they, who treat cattle and beasts of burden,
 cum possint non nosse propria cuiusque (sc. casûs) ex mutis
since they cannot know the peculiarities of each case from mute
 animalibus, insistent communibus tantummodo: et exteræ gentes,
animals, rely upon common things only: and foreign nations,
 cum non noverint subtilem rationem medicinæ,
in as much as they were not acquainted with the intricate theory of medicine,
 vident communia tantum: et qui nutriunt ampla
look to common things only: and they who furnish (with diet) large
 valetudinaria, quia sustinent non consulere singulis summâ curâ,
hospitals, because they cannot consult for individuals with particular care,
 confugiunt ad ista communia. Neque hercules antiqui medici
have recourse to those common things. Nor truly were the ancient physicians
 nescierunt istud, sed fuerunt non contenti his. Ergo etiam
ignorant of that, but they were not content with them. Therefore even
 vetustissimus auctor Hippocrates dixit mederi oportere
that very ancient author Hippocrates has said that to heal it behoved
 (esse) intuentem et communia et propria. Ac
(to be a person) observing both common and peculiar things. And
 quidem isti ipsi possunt ne ullo modo
indeed they themselves (the Themisonians) cannot in any way
 consistere intra suam professionem: siquidem sunt diversa genera
keep within their own profession: since there are different kinds
 et compressorum et fluentium morborum; que id (sc. genus)
both of bound and relaxing diseases; and that (the kind)
 potest inspicere facilius in illis quæ fluunt. Enim est aliud
can be observed more easily in those which relax. For it is one thing
 vomere sanguinem, aliud bilem, aliud cibum; aliud laborare
to vomit blood, another bile, another food; one thing to suffer

extra artem, medicina intra usum est. Neque adjectum quidquam empiricorum professioni, sed demtum est; quoniam illi multa circumspiciunt, hi tantum facillima, et non plus, quam vulgaria. Nam et ii, qui pecoribus ac jumentis medentur, cum propria cuiusque ex mutis animalibus nosse non possint, communibus tantummodo insistent: et exteræ gentes cum subtilem medicinæ rationem non noverint, communia tantum vident: et qui ampla valetudinaria nutriunt, quia singulis summa cura consulere non sustinent, ad communia ista

confugiunt. Neque, hercules, istud antiqui medici nescierunt, sed his contenti non fuerunt. Ergo etiam vetustissimus auctor Hippocrates dixit, mederi oportere, et communia, et propria intuentem. Ac ne isti quidem ipsi intra suam professionem consistere ullo modo possunt: siquidem et compressorum et fluentium morborum genera diversa sunt; faciliusque id in iis, quæ fluunt, inspicere potest. Aliud est enim sanguinem, aliud bilem, aliud cibum vomere; aliud dejectionibus, aliud torminibus laborare; aliud sudore digeri, aliud

dejectionibus, aliud torminibus; aliud digeri sudore, aliud
from dejections, another from gripes; one thing to be wasted by sweat, another
 consumi tabe. Atque quoque humor erumpit in partes,
to be consumed by wasting. And also a humour breaks out in parts,
 ut oculos que aures: quo periculo nullum humanum
as the eyes and the ears: from which danger no human
 membrum vacat. Autem nihil horum curatur sic ut
member is free. But nothing of these is cured so as (in like
 aliud. Ita in his medicina descendit protinus a
manner as) another. So in these medicine descends immediately from
 communi contemplatione ad propriam fluentis morbi.
the common contemplation to the peculiar one of a flowing disease (flux).
 Atque rursus in hac quoque, alia notitia
And again in this (contemplation) also, another knowledge
 proprietatis est sæpe necessaria; quia eadem non opitulantur
of peculiarity is often necessary; because the same things do not relieve
 omnibus, etiam in similibus casibus. Siquidem sunt quædam
all people, even in like cases. Although indeed there are some
 certæ res quæ in pluribus (hominibus) aut astringunt aut
certain things which in most persons either bind or
 resolvunt ventrem: tamen inveniuntur in quibus idem
relax the belly: nevertheless they are found in whom the same thing
 eveniat aliter atque in cæteris. In his ergo
happens differently (by different means) than in others. In these therefore
 inspectio communium est contraria, propriorum tantum
the observation of common (things) is hurtful, of peculiar (things) alone
 salutaris. Et quoque æstimatio causæ sæpe solvit morbum.
salutary. And also a right judgment (as to) the cause often resolves a disease.
 Ergo etiam ingeniosissimus medicus nostri seculi, Cassius, quem
Therefore also a very ingenious physician of our age, Cassius, whom we
 nuper vidimus, (e modo dicendi e vita ante discessisse ducendum) ingessit
lately saw, ingested
 cuidam (homini) febricitanti et affecto
(administered) to a certain person labouring under fever and affected
 magnâ siti, frigidam aquam, cum cognosset eum cœpisse
with great thirst, cold water, when he had discovered that he began
 premi post ebrietatem. Quâ epotâ ille, cum
to be affected after drunkenness. Which being drunk he (Cassius), when
 fregisset vim vini miscendo, protinus discussit febrem
he had broken the force of the wine by mixing, immediately discussed the fever
 somno et sudore. Quod auxilium medicus opportunè providit, non
by sleep and sweat. Which remedy the physician seasonably provided, not

tabe consumi. Atque in partes quoque humor erumpit, ut oculos, auresque quo periculo nullum humanum membrum vacat. Nihil autem horum sic ut aliud curatur. Ita protinus in his a communi fluentis morbi contemplatione ad propriam medicinam descendit. Atque in hac quoque rursus alia proprietatis notitia sæpe necessaria est; quia non eadem omnibus, etiam in similibus casibus, opitulantur. Siquidem certæ quædam res sunt, quæ in pluribus ventrem aut adstringunt, aut resolvunt: inveniuntur tamen, in quibus

aliter, atque in ceteris, idem eveniat. In his ergo communium inspectio contraria est, propriorum tantum salutaris. Et causæ quoque æstimatio sæpe morbum solvit. Ergo etiam ingeniosissimus seculi nostri medicus, quem nuper vidimus, Cassius, febricitanti cuidam, et magnâ siti affecto, cum post ebrietatem eum premi cœpisse cognosset, aquam frigidam ingessit. Quâ ille epotâ, cum vini vim miscendo fregisset, protinus febrem somno et sudore discussit. Quod auxilium medicus opportunè providit, non ex eo, quod aut ad-

ex eo quòd corpus erat aut adstrictum aut fluebat; sed
from this that the body was either bound or was flowing; but
 ex eâ causâ quæ præcesserat antè. Que est etiam
from that cause which had gone before (preceded). And there is even
 aliquid proprium et loci et temporis, istis
something peculiar (some peculiarity) both of place and of season, according to
 auctoribus quoque: qui, cum disputant quemadmodum sanis
those authors also: who, when they dispute (direct) how healthy
 hominibus agendum sit, præcipunt, ut frigus, æstus, satietas, labor,
persons ought to act, direct, that cold, heat, satiety, labour,
 libido, vitetur magis aut gravibus locis aut temporibus:
lust, should be avoided more either in unhealthy climates or seasons:
 que ut conquiescat magis iisdem locis aut temporibus;
and that (the person) repose more in the same climates or seasons;
 si quis sentit gravitatem corporis; ac neque sollicitet
if a person feels heaviness of the body; and should neither disturb
 stomachum vomitu, neque alvum purgatione. Quæ
the stomach by vomiting, nor the bowels by purging. Which (precepts)
 quidem sunt vera; tamen descendunt a communibus ad quædam
indeed are true; nevertheless they descend from common things to certain
 propria. Nisi volunt persuadere nobis sanis quidem
particulars. Unless they wish to persuade us that the healthy indeed
 considerandum esse quod cœlum, quod tempus anni, sit;
ought to consider what the climate, what the season of the year, may be;
 vero ægris esse non: quibus omnis observatio est tanto
but that the sick need not: to whom every precaution is by so much
 magis necessaria, quanto infirmitas est magis obnoxia offensis.
the more necessary, by how much their weakness is more liable to injuries.
 Quin proprietates morborum sunt aliæ atque aliæ
Moreover the peculiarities of diseases are others and others (different)
 etiam in iisdem hominibus; et aliquando qui curatus est
even in the same persons; and sometimes (he) who has been treated
 frustra secundis sæpe restituitur contrariis (sc. remediis)
in vain by favourable (appropriate) often is restored by contrary (inappropriate
 Que plurima discrimina reperiuntur in dando cibo:
remedies). And many distinctions are found in giving food (in the exhi-
 (cum) uno ex quibus ero contentus. Nam
bition of food): (with) one of which I shall be contented. For truly
 adolescens sustinet famem facilius quam puer; facilius in denso
a young man endures hunger more easily than a boy; more easily in a dense
 quam in tenui cœlo; facilius hieme quam æstate;
than in a light atmosphere; more easily in winter than in summer;

strictum corpus erat, aut fluebat; sed ex causa, quæ ante præcesserat. Estque etiam proprium aliquid, et loci et temporis, istis quoque auctoribus: qui cum disputant, quemadmodum sanis hominibus agendum sit, præcipiunt, ut gravibus aut locis aut temporibus magis vitetur frigus, æstus, satietas, labor, libido; magisque ut conquiescat iisdem locis aut temporibus, si quis gravitatem corporis sentit; ac neque vomitu stomachum, neque purgatione alvum sollicitet. Quæ vera quidem sunt; a communibus tamen ad quædam propria descendunt. Nisi persuadere nobis volunt,

sanis quidem considerandum esse, quod cœlum, quod tempus anni sit; ægris vero non esse: quibus tanto magis omnis observatio necessaria est, quanto magis obnoxia offensis infirmitas est. Quin etiam morborum in iisdem hominibus aliæ atque aliæ proprietates sunt; et qui secundis aliquando frustra curatus est, contrariis sæpe restituitur. Plurimæque in dando cibo discrimina reperiuntur: ex quibus contentus uno ero. Nam famem facilius adolescens, quam puer; facilius in denso cœlo, quam in tenui; facilius hieme, quam æstate; facilius uno cibo, quam prandio quoque as-

(homo) assuetus uni cibo facilius quam
 (a person) accustomed to one meal more easily than (one accustomed)
 prandio quoque; inexercitatus facilius quam exercitatus
 to a mid-day refreshment also; an unexercising more easily than an exercising
 (homo.) Autem sæpe festinatio cibi, est magis necessaria in
 (person.) But often the hastening of food, is more necessary in
 eo qui tolerat inediam minus. Ob quæ
 him who bears hunger not so well. On account of which things
 conjicio, eum qui non novit propria, debere
 I conjecture (imagine), that he who does not know the peculiarities, ought
 tantum intueri communia; que oportere eum quidem, qui
 only to observe common principles; and that it behoves him indeed, who
 potest nosse propria, non negligere illa, (communis) sed insistere
 can know the peculiarities, not to neglect the former, but to depend upon
 his quoque. Que ideo, cum scientia sit par, tamen
 the latter also. And therefore, though the skill be equal, still
 amicū medicū esse utiliorē quam extraneū. Igitur,
 that an intimate physician is more suitable than a strange one. Therefore,
 ut redeam ad meum propositum, puto quidem medicinam
 that I may return to my purpose, I think indeed that medicine
 debere esse rationalem: vero instrui ab
 ought to be rational (founded on reasoning): but to be furnished by
 evidentibus causis; omnibus obscuris rejectis, non a
 the evident causes; all the obscure ones being rejected, not from
 cogitatione artificis, sed ab arte ipsa. Autem incidere
 the consideration of the artist, but from the art itself. But to dissect
 corpora vivorum (sc. hominum) est et crudele et supervacuum:
 the bodies of the living is both cruel and superfluous:
 mortuorum, necessarium discentibus. Nam debent
 of the dead, necessary to those learning (for students). For they ought
 nosse positum et ordinem: quæ cadavera repræsentant melius
 to know the position and order: which dead bodies show better
 quam vivus et vulneratus homo. Sed et cetera quæ
 than a living and wounded man. But for the other things which
 possunt cognosci modo in vivis, usus ipse monstrabit in
 can be discovered only in the living, practice itself will shew in
 curationibus ipsis vulneratorum paulo tardius, sed aliquanto
 the treatments themselves of the wounded a little more slowly, but somewhat
 mitius.
 more mercifully.

His propositis, primum dicam quemadmodum conveniat
 These things being laid down, I first shall state in what manner it befits

suetus; facilius inexercitatus, quam exercitatus homo sustinet. Sæpe autem in eo magis necessaria cibi festinatio est, qui minus inediam tolerat. Ob quæ conjicio, eum, qui propria non novit, communia tantum intueri debere; eumque, qui nosse propria potest, illa quidem non oportere negligere, sed his quoque insistere. Ideoque, cum par scientia sit, utiliorē tamen medicū esse amicū, quam extraneū. Igitur, ut ad propositum meum redeam, rationalem quidem puto medicinam esse debere: instrui vero ab evidentibus causis;

obscuris omnibus, non a cogitatione artificis, sed ab ipsa arte rejectis. Incidere autem vivorum corpora, et crudele, et supervacuum est: mortuorum, discentibus necessarium. Nam positum et ordinem nosse debent: quæ cadavera melius, quam vivus et vulneratus homo, repræsentant. Sed et cetera, quæ modo in vivis cognosci possunt, in ipsis curationibus vulneratorum paulo tardius, sed aliquanto mitius usus ipse monstrabit.

His propositis, primum dicam, quemadmodum sanos agere conveniat: tum ad ea trans-

sanos: agere tūm transibo ad ea quæ pertinebunt
 the healthy: to act then I shall pass to those things which shall pertain
 ad morbos et curationes eorum.
 to diseases and the cure of them.

CAP. I.

CHAP. I.

Regimen Sanorum.
 Regimen for the Healthy.

Homo sanus, qui et benè valet et est suæ spontis
 A man in health, who is both well able and is at his own free will
 debet obligare se nullis legibus; ac egere
 (his own master) ought to bind himself by no laws; and to require
 neque medico neque iatraliptâ. Oportet hunc habere varium
 neither a physician nor an oil doctor. It behoves him to lead a varied
 genus vitæ: esse modò ruri, modò in urbe, que
 kind of life: to be at one time in the country, at another in the city, and
 sæpius in agro; navigare, venari, interdum quiescere, sed
 more frequently in the field; to sail, to hunt, sometimes to rest, but
 frequentius exercere se: siquidem ignavia hebetat corpus,
 more frequently to exercise himself: since idleness enervates the body,
 labor firmat; illa reddit senectutem maturam, hic
 labour strengthens it; the former renders old age ripe, the latter
 adolescentiam longam. Prodest etiam interdum
 the vigour of youth long (prolongs the vigour, &c.) It is of service also sometimes
 uti balneo, interdum frigidis aquis; modò ungi, modò
 to use the bath, sometimes cold waters; sometimes to be anointed, sometimes
 negligere id ipsum; fugere nullum genus cibi quo populus
 to neglect that very thing; to avoid no kind of food which the people
 utatur; interdum esse (quidam reddunt) in convictu, interdum
 uses; sometimes to be (to eat) in society, sometimes
 retrahere se ab eo; modò assumere plus justo,
 to withdraw himself from it; sometimes to take more than sufficient,
 modò non amplius; capere cibum bis die potius quàm semel,
 sometimes not more; to take food twice a day rather than once,
 et semper quàm plurimum, dummodò concoquat hunc. Sed ut
 and always as much as possible, provided he can digest it. But as

sibo, quæ ad morbos curationesque eorum
 pertinebunt.

CAP. I.—*Regimen Sanorum.* SANUS homo, qui
 et bene valet, et suæ spontis est, nullis obli-
 gare se legibus debet; ac neque medico, neque
 intralipia egere. Hunc oportet varium habere
 vitæ genus: modo ruri esse, modo in urbe,
 sæpiusque in agro; navigare, venari, quiescere
 interdum, sed frequentius se exercere: siqui-

dem ignavia corpus hebetat, labor firmat;
 illa maturam senectutem, hic longam adoles-
 centiam reddit. Prodest etiam interdum balneo,
 interdum aquis frigidis uti; modo ungi, modo
 id ipsum negligere; nullum cibi genus fugere,
 quo populus utatur; interdum in convictu
 esse, interdum ab eo se retrahere; modo plus
 justo, modo non amplius assumere; bis die
 potius, quam semel cibum capere, et semper
 quam plurimum, dummodo hunc concoquat.

exercitationes que cibi hujus generis sunt necessarii, sic athletici
exercises and foods of this kind are necessary, as athletic ones
 (sunt) supervacui. Nam et ordo exercitationis, intermissus
(are) superfluous. For even the order of exercise, (being) interrupted
 propter aliquas civiles necessitates, affligit corpus; et ea
on account of some public urgencies, disorders the body; and those
 corpora quæ sunt repleta more eorum (sc. hominum athleti-
bodies which have been repleted in the manner of them (sc. men's athletic)
 corum) celerimè et senescunt et ægrotant. Vero concubitus
very quickly both grow old and fall sick. But sexual intercourse
 est neque concupiscendus nimis, neque pertimescendus nimis:
is neither to be desired too much, nor to be feared too much:
 rarus (concubitus) excitat corpus; frequens, solvit. Autem cum
scanty (venery) excites the body; frequent, relaxes it. But since
 frequens sit, non numero, sed naturâ, ratione
frequent (intercourse) is, not in the number, but the nature, by the consideration
 (sc. habitâ) ætatis et corporis, licet (nobis) scire eum
(being given) of the age and of the body, we may know that that
 (concubitum) esse non inutilem, quem neque languor corporis,
(sexual intercourse) is not injurious, which neither languor of body,
 neque dolor sequitur. Idem est pejor interdium, tutior
nor pain follows. The same is worse in the day time, more safe
 noctu: tamen ita, si neque cibus statim
at night: nevertheless in this order, provided that neither food immediately
 sequitur illum, neque labor cum vigiliâ hunc. Hæc
follows the former, nor labour with watching the latter. These things
 sunt servanda firmis, que cavendum (est illis) in secundâ
are to be observed by the strong, and they ought to take care that in good
 valetudine præsidia adversæ (valetudinis) ne consumantur.
health the preservatives against bad (health) be not worn out (exhausted).

CAP. II.

CHAP. II.

Regimen Imbecillorum.

Regimen of the Weak.

At major observatio est necessaria imbecillis, in quo
But greater caution is necessary for the weak, in which

Sed ut hujus generis exercitationes cibique
 necessarii sunt; sic athletici supervacui. Nam
 et intermissus, propter civiles aliquas necessi-
 tates, ordo exercitationis corpus affligit; et ea
 corpora, quæ more eorum repleta sunt, celerime
 et senescunt, et ægrotant. Concubitus vero
 neque nimis concupiscendus, neque nimis per-
 timescendus est: rarus, corpus excitat; fre-
 quens, solvit. Cum autem frequens non numero
 sit, sed natura, ratione ætatis et corporis,

scire licet, eum non inutilem esse, quem cor-
 poris neque languor, neque dolor sequitur.
 Idem interdium pejor est, tutior noctu: ita tamen,
 si neque illum cibus, neque hunc cum vigiliâ
 labor statim sequitur. Hæc firmis servanda
 sunt; cavendumque, ne in secundâ valetudine
 adversæ præsidia consumantur.

CAP. II.—Regimen Imbecillorum. At imbe-
 cillis, quo in numero magna pars urbanorum,

numero sunt magna pars urbanorum que pæne omnes
 number are a great part of the inhabitants of cities and almost all
 cupidi literarum; ut cura restituat, quod vel ratio
 fond of literature; that care may restore, what either the nature
 corporis, vel loci, vel studii detrahit. Ex
 of the body, or of the situation, or of the study takes away. Of
 his igitur qui bene concoxit, surget tuto
 these persons therefore he who has well digested, will rise safely
 mane; qui parum debet quiescere, et si
 in the morning; he who has not so well ought to rest, and if
 fuerit necessitas surgendi mane (debet) redormire;
 there should be a necessity of rising in the morning (he ought) to sleep again;
 qui non concoxit, conquiescere ex toto, ac credere
 he who has not digested (ought), to rest altogether, and to trust
 se neque labori, neque exercitationi, neque negotiis. Qui
 himself neither to labour, nor to exercise, nor to business. Who
 ructat crudum sine dolore præcordiorum, is bibere
 belches a crude thing without pain of the præcordia, he (ought) to drink
 ex intervallo frigidam aquam; et nihilominus continere se.
 at intervals cold water; and nevertheless to restrain himself.
 Vero habitare lucido ædificio habente æstivum perflatum,
 But to inhabit a lightsome dwelling having the summer's breeze,
 hibernum solem; cavere meridianum solem, matutinum et
 the winter's sun; to avoid the mid-day sun, the morning and
 vespertinum frigus; que item auras fluminum atque
 evening cold; and also the vapours of rivers and
 stagnorum; que minime committere se soli aperienti
 stagnant pools; and by no means to trust himself to the sun breaking forth
 nubilo cælo; ne modo frigus, modo calor,
 from a cloudy sky; lest at one time the cold, at another the heat,
 moveat; quæ res maxime concitat gravedines que
 excite him; which thing most of all causes stuffings of the head and
 destillationes. Vero ista sunt magis servanda gravibus
 catarrhs. But these things are to be more observed in unhealthy
 locis, in quibus etiam faciunt pestilentiam. Autem licet
 places, in which they even cause a pestilence. But we may
 scire corpus esse integrum, cum quotidie urina est alba
 know that the body is healthy, when daily the urine is pale
 mane, dein rufa; illud significat con-
 in the morning, then reddish; the former shows that (the person) is di-
 coquere, hoc concoxisse. Ubi aliquis experrectus est, debet
 gesting, the latter that he has digested. When any one has awoke, he ought

omnesque pæne cupidi literarum sunt, obser-
 vatio major necessaria est; ut quod vel corporis,
 vel loci, vel studii ratio detrahit, cura restituat.
 Ex his igitur, qui bene concoxit, mane tuto sur-
 get; qui parum, quiescere debet, et si mane
 surgendi necessitas fuerit, redormire: qui non
 concoxit, ex toto conquiescere, ac neque labori
 se, neque exercitationi, neque negotiis credere.
 Qui crudum sine præcordiorum dolore ructat,
 is ex intervallo aquam frigidam bibere, et se
 nihilominus continere. Habitare vero ædificio
 lucido, perflatum æstivum, hibernum solem ha-
 bente; cavere meridianum solem, matutinum et
 vespertinum frigus; itemque auras fluminum
 atque stagnorum; minimeque, nubilo cælo, soli
 aperienti se committere, ne modo frigus, modo
 calor moveat; quæ res maxime gravedines des-
 tillationesque concitat. Magis vero gravibus
 locis ista servanda sunt, in quibus etiam pesti-
 lentiam faciunt. Scire autem licet, integrum
 corpus esse, cum quotidie mane urina alba,
 dein rufa est: illud concoquere, hoc concox-

intermittere paulum; deinde, nisi est hiems, fovere
to remain quiet for a little; then, unless it is winter, to wash
 os multâ frigidâ aquâ: longis debus, meridiari
the mouth with much cold water: in the long days, to take the mid-day nap
 potius ante cibum; sin minus, post eum. Per hiemem
rather before food; but if not, after it. During the winter
 conquiescere potissimum totis noctibus: sin lucubrandum
to rest chiefly during the whole night: but if he must study by
 est (ei), non facere id post cibum, sed post concoctionem.
candle-light, not to do that after a meal, but after digestion.
 Huic est servandum aliquod tempus curationi sui corporis,
He must reserve some time for the care of his body,
 quem vel domestica vel civilia officia tenuerunt interdiu.
whom either domestic or public duties have occupied during the day.
 Autem prima curatio ejus est exercitatio, quæ debet semper
But the first care of it is exercise, which ought always
 antecedere cibum; amplior in eo, qui laboravit minus et
to precede food: greater in him, who has laboured less and
 concoxit bene; remissior, in eo qui est fagitatus, et
has digested well; slighter, in him who is fatigued, and
 concoxit minus. Vero lectio clara, arma, pila, cursus,
has digested not so well. But reading aloud, arms, the ball, running,
 ambulatio, exercent commodè; atque hæc utique non plana
walking, exercise suitably; and the latter moreover not level
 est commodior; siquidem ascensus, et
(not on level ground) is more advantageous; since the ascent, and
 quoque descensus, moveat corpus melius cum quâdam varietate,
likewise the descent, exercises the body better with some variety,
 nisi tamen id est perquam imbecillum; autem est
except however it is very weak; but it (exercise) is
 melior sub divo quam in porticu: melior, si caput
better in the open air than under a piazza: better, if the head
 patitur, in sole quam in umbra; melior in umbra quam
permits, in the sun than in the shade; better in the shade which
 parietes aut viridia efficiunt, quam quæ subest tecto; melior
walls or groves form, than that which is under a roof; better
 recta quam flexuosa. Autem finis exercitationis debet
straight than in a bending direction. But the end of exercise ought
 plerumque esse sudor, aut certe lassitudo quæ sit
generally to be sweating, or at least a weariness which should be
 citra fatigationem; quæ id ipsum est faciendum modo
on this side fatigue; and that itself is to be done sometimes

isse significat. Ubi expectatus est aliquis, paulum intermittere: deinde, nisi hiems est, fovere os multa aqua frigida debet. Longis diebus meridiari potius ante cibum; sin minus, post eum: per hiemem potissimum totis noctibus conquiescere. Sin lucubrandum est, non post cibum id facere, sed post concoctionem. Quem interdiu vel domestica, vel civilia officia tenuerunt, huic tempus aliquod servandum curationi corporis sui est. Prima autem ejus curatio, exercitatio est, quæ semper antecedere cibum debet: in eo, qui minus laboravit, et bene concoxit, amplior; in eo, qui fatigatus

est, et minus concoxit, remissior. Commodè vero exercent, clara lectio, arma, pila, cursus, ambulatio; atque hæc non utique plana, commodior est; siquidem melius ascensus quoque et descensus, cum quadam varietate corpus moveat, nisi tamen id perquam imbecillum est. Melior autem est sub divo, quam in porticu; melior, si caput patitur, in sole, quam in umbra; melior in umbra, quam parietes aut viridia efficiunt, quam quæ tecto subest; melior recta, quam flexuosa. Exercitationis autem plerumque finis esse debet sudor, aut certe lassitudo quæ citra fatigationem sit: idque

minus, modo magis. Ac his quidem, debet ne esse,
less, sometimes more. And in these things even, there ought not to be,
 exemplo athletarum, certa lex, vel immodicus labor.
after the example of wrestlers, an invariable rule, or immoderate labour.
 Uncio vel in sole vel ad ignem modo recte sequitur
Anointing either in the sun or before the fire sometimes properly follows
 exercitationem; modo balneum, sed conclavi, et alto et
exercise; sometimes the bath, but in a chamber, both as high and
 lucido, et spatioso quam maxime. Vero oportet neutrum
ightsome, and spacious as possible. But it behoves neither
 ex his fieri semper, sed alterutrum sæpius
of these to be done continually, but one or the other more frequently
 pro naturâ corporis. Post hæc est opus
according to the nature of the body. After these things there is need
 conquiescere paulum. Ubi est ventum ad cibum, nimia
to rest a little. When it is come to food, too great
 satietas est nunquam utilis, nimia abstinencia sæpe inutilis;
satiety is never good, too great abstinence often unprofitable;
 si subest qua intemperantia est tutior in potione quam in
if there is any intemperance it is safer in drink than in
 escâ. Cibus incipit melius a salsamentis, oleribus, que
food. A meal begins better on salt-fish, vegetables, and
 similibus rebus; tum caro est assumenda, quæ est optima assa
similar things; then meat is to be taken, which is best roasted
 aut elixa. Omnia condita sunt inutilia de duabus
or boiled. All high seasoned things are injurious from two
 causis, et quoniam plus assumitur propter dulcedinem, et
causes, both because more is taken on account of their pleasantness, and
 quod est modo par tamen concoquitur ægrius.
what is only sufficient nevertheless is digested with more difficulty.
 Secunda mensa nocet nihil bono stomacho; coacescit in
A second table (a dessert) hurts not a good stomach; it turns sour in
 imbecillo. Si quis itaque parum valet, hoc assumit
a weak one. If any one therefore is not strong, in this he takes
 palmulas, que poma, et similia, melius primo cibo.
dates, and apples, and the like, better at the beginning of the meal.
 Post multas potiones, quæ aliquantum excesserunt sitim,
After much drinking, which have somewhat exceeded thirst,
 est edendum nihil; post satietatem est agendum nihil. Ubi
he ought to eat nothing; after satiety he ought to do nothing. When
 aliquis est expletus, concoquit facilius si includit quicquid
any one has been satiated, he digests more easily if he incloses whatever

ipsum, modo minus, modo magis faciendum est. Ac ne his quidem, athletarum exemplo, vel certa esse lex, vel immodicus labor debet. Exercitationem recte sequitur, modo uncio, vel in sole, vel ad ignem; modo balneum, sed conclavi quam maxime et alto et lucido et spatioso. Ex his vero neutrum semper fieri oportet; sed sæpius alterutrum, pro corporis natura. Post hæc paulum conquiescere opus est. Ubi ad cibum ventum est, nunquam utilis est nimia satietas; sæpe inutilis nimia abstinencia: si qua intemperantia subest, tutior est in potione, quam in esca. Cibus a salsamentis,

oleribus, similibusque rebus melius incipit: tum caro assumenda est, quæ assa optima, aut elixa est. Condita omnia duabus de causis inutilia sunt; quoniam et plus propter dulcedinem assumitur, et quod modo par est, tamen ægrius concoquitur. Secunda mensa bono stomacho nihil nocet, in imbecillo coacescit. Si quis itaque hoc parum valet, palmulas, pomaque, et similia melius primo cibo assumit. Post multas potiones, quæ aliquantum sitim excesserunt, nihil edendum est: post satietatem, nihil agendum. Ubi expletus est aliquis, facilius concoquit, si quicquid assumit, potione aquæ fri-

assumsit potionem frigidæ aquæ; tum invigilat paulisper,
he has taken in a draught of cold water; then keep awake a little while
 deinde dormit bene. Si quis implevit se interdiu,
afterwards sleeps well. If any one has filled himself in the day,
 debet post cibum committere se neque frigori, neque
he ought after his meal to expose himself neither to cold, nor
 æstui, neque labori; enim neque hæc nocent inani corpori,
to heat, nor to labour; moreover neither do these things hurt an empty body,
 tam faciliè quàm repleto. Si inedia est futura de
so easily as a full one. If fasting is about to be (to take place) from
 quibus causis, omnis labor est vitandus.
any causes, all labour is to be avoided.

CAP. III.
 CHAP. III.

Regimen Fortuitorum.
 Management of Accidental Circumstances.

Atque hæc (præcepta) quidem sunt pæne perpetua: tamen
And these precepts indeed are almost universal: however
 et novæ res, et genera corporum, et sexus, et
both new circumstances, and the kinds of bodies, and the sexes, and
 ætates, et tempora anni desiderant quasdam observationes. Nam
ages, and seasons of the year require certain observations. For
 neque est transitus ex salubri loco in gravem,
neither is the change from a healthy situation into an unhealthy one,
 neque ex gravi in salubrem, satis tutus. Est
nor from an unhealthy into a healthy one, sufficiently (very) safe. It is
 melius transire ex salubri in gravem primâ
better to pass from a healthy place into an unhealthy one at the beginning
 hieme; ex gravi in eum qui est salubris
of winter; from an unhealthy into that which is healthy
 primâ æstate. Vero neque est nimia satietas ex
at the beginning of summer. But neither is over repletion after
 multâ fame, neque fames ex nimia satietate idonea.
long fasting, nor fasting, after over repletion proper.
 Que et qui assumit cibum incontinentem semel, et qui
And both he who takes food immoderately once, and he who

gidæ includit, tum paulisper invigilat, deinde bene dormit. Si quis interdiu se implevit, post cibum neque frigori, neque æstui, neque labori se debet committere: neque enim tam facile hæc inani corpore, quam repleto nocent. Si quibus de causis futura inedia est, labor omnis vitandus est.

CAP. III. — Regimen Fortuitorum. ATQUE hæc quidem pæne perpetua sunt. Quasdam autem

observationes desiderant et novæ res, et corporum genera, et sexus, et ætates, et tempora anni. Nam neque ex salubri loco in gravem, neque ex gravi in salubrem transitus satis tutus est. Ex salubri, in gravem, primâ hieme; ex gravi in eum, qui salubris est, primâ æstate transire melius est. Neque vero ex multa fame nimia satietas; neque ex nimia satietate fames idonea est. Periculaturque et qui semel, et quibus die cibum incontinentem, contra consuetu-

(assumit) bis die, contra consuetudinem, periclitatur. Item
 takes it twice in a day, contrary to custom, is in danger. Likewise
 neque est subitum otium ex nimio labore, neque subitus labor
 neither is sudden idleness from excessive labour, nor sudden labour
 ex nimio otio sine gravi noxâ. Ergo, cum quis
 from excessive idleness without serious injury. Therefore, when a person
 volet mutare aliquid, debet assuescere (se ei)
 shall wish to change any thing, he will be obliged to accustom himself to it
 paulatim. Etiam vel puer vel senex sustinet omnem
 gradually. Also even a boy or an old man endures every (sort of)
 laborem facilius quam homo insuetus. Atque ideo
 labour more easily than a man unused to it. And on that account
 quoque nimis otiosa vita est non utilis; quia necessitas
 also a too idle life is not advantageous; because a necessity
 laboris potest incidere. Si tamen quando aliquis insuetus
 for labour may happen. If however at any time any person unaccustomed
 laboravit, aut si is etiam, qui assuevit,
 (to it) has laboured, or if he even, who has been accustomed to it,
 multo plus quam solet, huic est dormiendum jejuno; multo
 much more than he is used to, he ought to sleep fasting; so much
 magis si os etiam est amarum, vel oculi caligant, aut
 the more if the mouth also is bitter, or the eyes are dim, or
 venter perturbatur. Enim tum non tantummodo dormiendum est
 the belly is disturbed. Moreover then not only ought he to sleep
 jejuno, sed etiam permanendum in posterum diem, nisi
 fasting, but likewise he ought to remain for the next day, unless
 quies cito sustulit id. Quod, si factum est oportet
 rest has quickly removed that. Which, if it has been done it behoves him
 surgere et ambulare paululum lentè. At si non fuit
 to rise and to walk a little slowly. But if there has not been
 necessitas somni, quia aliquis laboravit magis modicè,
 a necessity for sleep, because a person has laboured more moderately,
 tamen debet ingredi aliquid eodem modo. Deinde
 yet he ought to walk a little in the same manner. Then
 communia omnibus sumtur cibum post fatigationem sunt;
 the common precepts for all about to take food after fatigue are;
 ubi ambulaverunt paulum, si est non balneum, (debent)
 when they have walked a little, if there is no bath, (they ought)
 ungi calido loco, vel in sole, vel ad ignem, atque
 to be anointed in a warm place, or in the sun, or before the fire, and
 sudare; si est (balneum) ante omnia (debent) sedere
 to sweat; if there is (a bath) before all things (they ought) to sit

dinem, assumit. Item, neque ex nimio labore subitum otium, neque ex nimio otio subitus labor, sine gravi noxa est. Ergo, cum quis mutare aliquid volet, paulatim debet assuescere. Omnem etiam laborem facilius vel puer vel senex, quam insuetus homo sustinet. Atque ideo quoque nimis otiosa vita utilis non est; quia potest incidere laboris necessitas. Si quando tamen insuetus aliquis laboravit, aut si multo plus, quam solet, etiam is, qui assuevit, huic jejuno dormiendum est: multo magis, si etiam os amarum est, vel oculi caligant, aut venter perturbatur. Tum enim non dormiendum tantummodo jejuno est, sed etiam in posterum diem permanendum; nisi cito id quies sustulit. Quod si factum est, surgere oportet, et lente paululum ambulare. At si somni necessitas non fuit, quia modice magis aliquis laboravit, tamen ingredi aliquid eodem modo debet. Communia deinde omnibus sunt post fatigationem cibum sumtur; ubi paulum ambulaverunt, si balneum non est, calido loco, vel in sole, vel ad ignem ungi, atque sudare; si est, ante omnia in tepidario sedere; deinde,

in tepidario; deinde ubi conquieverunt paulum intrare et
in the tepidarium; then when they have rested a little to enter and
 descendere in solium; tum ungi multo oleo, que
descend into the solium; then to be anointed with much oil, and
 perfricari leniter; iterum descendere in solium: post hæc
to be rubbed gently; again to descend into the solium: after these things
 fovere os calidâ aquâ deinde frigidâ. Fervens balneum
to wash the mouth with warm water then with cold. A hot bath
 est non idoneum his. Ergo si alicui nimium fatigato est
is not fit for them. Therefore if a person over fatigued has
 pæne febris, est abunde huic demittere se, tepido loco,
almost a fever, it is sufficient for him to lower himself, in a warm place,
 tenuis inguinibus in calidam aquam, cui paulum olei sit adjectum:
up to the groins in warm water, to which a little oil has been added:
 deinde perfricare leniter quidem totum corpus, tamen maxime
then to rub gently even the whole body, but especially
 eas partes quæ fuerunt in aquâ, ex oleo, cui vinum
those parts which have been in the water, with oil, to which wine
 et paulum contriti salis adjectum sit. Post hæc est aptum
and a little bruised salt has been added. After these things it is proper
 omnibus fatigatis sumere cibum, quæ uti eo humido: esse
for all fatigued persons to take food, and to use it moist: that they
 contentos aquâ, vel potione certe dilutâ, que
be contented with water, or with drink at least diluted (with it), and
 maximè eâ quæ moveat urinam. Quoque oportet nōsse
especially with that which excites the urine. Also it is proper to know
 illud, quod frigida potio est perniciosissima sudanti ex
this, that cold drink is very pernicious to one sweating from
 labore; atque cum sudor etiam remittit se
labour; and when the sweating even has remitted itself (hath ceased),
 (est) inutilis fatigatis itinere. Asclepiades quoque
(it is) unserviceable to those fatigued by a journey. Asclepiades also
 iudicavit eam inutilem venientibus a balneo; quod est verum
judged it inexpedient to those coming from the bath; which is true
 in iis quibus alvus facilè, nec tuto, resolvitur que
in (regard) those in whom the belly is easily, nor safely, relaxed and
 qui facile inhorrescunt; est non perpetuum in omnibus, cum
who easily shiver; it is not a general rule in all cases, though
 sit potiùs naturale æstuantem stomachum refrigerari potione.
it be rather natural that a burning stomach be cooled by a draught.
 Quod ita præcipio, ut tamen fatear ad huc
Which I so lay down, that nevertheless I confess that (a person) as yet

ubi paulum conquieverunt, intrare, et descendere in solium; tum multo oleo ungi, leniterque perfricari; iterum in solium descendere: post hæc, os aqua calida fovere, deinde frigida. Balneum his fervens idoneum non est. Ergo si nimium alicui fatigato pæne febris est, huic abunde est, loco tepido demittere se inguinibus tenuis in aquam calidam, cui paulum olei sit adjectum; deinde totum quidem corpus, maxime tamen eas partes, quæ in aqua fuerunt, leniter perfricare ex oleo, cui vinum et paulum contriti salis sit adjectum. Post hæc, omnibus fatigatis aptum est, cibum sumere, eoque humido uti; aqua,

vel certe diluta potione esse contentos; maximeque en, quæ moveat urinam. Illud quoque nosse oportet, quod ex labore sudanti frigida potio perniciosissima est; atque etiam, cum sudor se remittit, itinere fatigatis inutilis. A balneo quoque venientibus Asclepiades inutilem eam iudicavit; quod in iis verum est, quibus alvus facilè, nec tuto, resolvitur, quique facile inhorrescunt: perpetuum in omnibus non est, cum potius naturale sit, potione æstuantem stomachum refrigerari. Quod ita præcipio, ut tamen fatear, ne ex hac quidem causa sudanti adhuc frigidum bibendum esse. Solet etiam

sudanti ne esse bibendum frigidum, quidem ex hac causâ.
sweating ought not to drink any thing cold, even for this purpose.
 Vomitus etiam solet prodesse post varium cibum, que
Vomiting also is accustomed to be beneficial after a varied repast, and
 frequentes dilutas potiones, et postero die, longa quies, deinde
frequent diluted draughts, and on the next day, long rest, then
 modica exercitatio. Si assidua fatigatio urget, invicem modo
moderate exercise. If constant fatigue oppresses, by turns sometimes

aqua modò vinum est bibendum, que utendum balneo raro.
water sometimes wine is to be drank, and he is to use the bath seldom.

Que etiam mutatio laboris levat lassitudinem: que id quod est in
And even a change of labour eases weariness: and that which is in
 consuetudine reficit eum, quem novum genus ejusdem laboris
custom (habitual) refreshes him, whom a new kind of the same labour
 pressit. Quotidianum cubile est tutissimum fatigato. Enim
has oppressed. His usual daily couch is the safest for one fatigued. For
 quod est contra consuetudinem, seu molle seu durum, lassat.
what is contrary to custom (unusual), whether soft or hard, wearies.

Quædam pertinent proprie ad eum, qui fatigatur ambulando.
Some precepts belong peculiarly to him, who is fatigued by walking.

Frequens frictio quoque in itinere ipso reficit hunc; post
Frequent friction also during the journey itself refreshes him; after
 iter, primum sedile, deindè unctio; tum foveat
the journey, at first a seat, after that anointing; then he should bathe
 superiores partes magis quàm inferiores calidâ aquâ in balneo.
the upper parts more than the lower with warm water in the bath.

Vero si quis exustus est in sole, huic est protinus eundum
But if a person has been burnt in the sun, he ought immediately to go
 in balneum, que perfundendum corpus que caput oleo; dein
into the bath, and to bathe the body and the head with oil; then

est descendendum in benè calidum solium; tum multa
he ought to descend into a well heated solium; then a great deal

aqua, prius calida, deindè frigida, est infundenda per caput.
(of) water, at first warm, then cold, is to be poured over his head.

At est opus ei, qui perfrigit, primum
But it is needful for him, who has become very cold (been frost-bitten), first

involutò, sedere in balneo donèc insudet, tum ungi,
wrapped up, to sit in the bath until he sweat, then to be anointed,

deindè lavari: assumere modicum cibum, meracas potiones.
afterwards to be washed: to take moderate food, undiluted drinks.

Vero is, qui navigavit, et est pressus nausea, debet, si
But he, who has sailed, and has been oppressed with sickness, ought, if

prodesse, post varium cibum, frequentesque dilutas potiones, vomitus, et postero die longa quies, deinde modica exercitatio. Si assidua fatigatio urget, invicem modo aqua, modo vinum bibendum est, raroque balneo utendum. Levatque lassitudinem etiam laboris mutatio: eumque, quem novum genus ejusdem laboris pressit, id, quod in consuetudine est, reficit. Fatigato quotidianum cubile tutissimum est. Lassat enim quod contra consuetudinem seu molle, seu durum est. Proprie quedam ad eum pertinent, qui ambulando fatigatur. Hunc reficit in ipso quoque itinere frequens frictio

post iter, primum sedile, deinde unctio; tum calida aqua in balneo magis superiores partes, quam inferiores, foveat. Si quis vero exustus in sole est, huic in balneo protinus eundum, perfundendumque oleo corpus et caput; deinde in solium bene calidum descendendum est; tum multa aqua per caput infundenda, prius calida, deinde frigida. At ei, qui perfrigit, opus est in balneo primum involuto sedere, donec insudet; tum ungi; deinde lavari: cibum modicum, potiones meracas assumere. Is vero, qui navigavit, et nausea pressus est, si multam bilem evomit, vel abstinere cibo

evomit multam bilem, vel abstinere cibo, vel assumere
he vomited much bile, either to abstain from food, or to take
 aliquid paulum; si effudit acidam pituitam, utique sumere
something sparing; if he has poured forth acid phlegm, likewise to take
 cibum, sed leviores assueti; si nausea fuit, sine
food, but lighter than usual; if the nausea has been without
 vomitu, vel abstinere, vel vomere post cibum. Vero huic
vomiting, either to abstain, or to vomit after food. But he must
 nihil est currendum, qui sedit toto die vel in vehiculo
not run at all, who has been sitting the entire day either in a carriage
 vel in spectaculis, sed ambulandum lentè: quoque lenta mora
or at the public shows, but ought to walk slowly: also a long stay
 in balneo, dein exigua cœna, consueverunt prodessa. Si
in the bath, then a scanty supper, have been accustomed to be serviceable. If
 quis æstuat in balneo, acetum exceptum ore et
a person is very hot in the bath, vinegar taken in the mouth and
 retentum in eo, reficit hunc; si id est non (in promptu,)
kept in it, refreshes him; if that is not (at hand,)
 frigida aqua assumpta eodem modo.
cold water taken in the same manner.

Autem ante omnia, quisque norit natu-
But above all things, let every one have become acquainted with the
 ram sui corporis: quoniam alii sunt graciles, alii obesi; alii
nature of his body: since some are thin, others fat; some
 calidi, alii frigidiores; alii humidi, alii sicci; adstricta
hot, others colder; some moist, others dry; a costive
 alvus exerceat alios, resoluta alios: raro quisquam habet non
belly troubles some, a relaxed others: seldom any one has not
 aliquam partem corporis imbecillam. Vero tenuis homo debet
some part of his body weak. But the spare man ought
 implere se plenus extenuare, calidus refrigerare,
to fill himself, the plethoric to reduce himself, the warm to cool himself,
 frigidus calefacere, madens siccare, siccus madefacere; que
the cold to heat himself, the moist to dry, the dry to moisten himself; and
 item is firmare alvum, cui fusa; is,
likewise he to strengthen (astringe) his belly, to whom it is relaxed; he,
 cui est adstricta, solvere; que est semper succurrendum
to whom it is bound, to relax it; and we must always relieve
 parti laboranti maxime.
the part suffering most of all.

Autem modica exercitatio implet corpus, frequentior quies,
But moderate exercise fills the body, more frequent rest,

debet, vel paulum aliquid assumere: si pituitam
 acidam effudit, utique sumere cibum, sed as-
 sueto leviores: si sine vomitu nausea fuit, vel
 abstinere, vel post cibum vomere. Qui vero
 toto die, vel in vehiculo, vel in spectaculis
 sedit, huic nihil currendum, sed lente ambu-
 landum est: lenta quoque in balneo mora,
 dein cœna exigua prodessa consueverunt. Si
 quis in balneo æstuat, reficit hunc ore ex-
 ceptum, et in eo retentum acetum; si id non
 est, eodem modo frigida aqua assumpta

Ante omnia autem norit quisque naturam

sui corporis: quoniam alii graciles, alii obesi
 sunt; alii calidi, alii frigidiores; alii humidi,
 alii sicci; alios adstricta, alios resoluta alvus
 exerceat: raro quisquam non aliquam partem
 corporis imbecillam habet. Tenuis vero homo
 implere se debet, plenus extenuare, calidus re-
 frigerare, frigidus calefacere, madens siccare,
 siccus madefacere: itemque alvum firmare is,
 cui fusa; solvere is, cui adstricta est; succur-
 rendumque semper parti maxime laboranti
 est.

Implet autem corpus modica exercitatio,

unctio, et si est post prandium, balneum, contracta alvus,
anointing, and if it is after luncheon, the bath, a bound belly,
 modicum frigus hieme, somnus et plenus et non nimis
moderate cold in winter, sleep both sound and not too
 longus, molle cubile, securitas animi, maxime dulcia et pingua
long, a soft bed, tranquillity of mind, very sweet and fat things
 assumpta per cibos et potiones, cibus et frequentior,
taken for food and drinks, the food both more frequent,
 plenissimus, et quantus potest concoqui. Calida
the richest, and as much as can be digested. Warm
 aqua, si quis descendit in eam, extenuat corpus,
water, if a person descend into it, reduces the body,
 que magis, si est salsa; balneum, in jejuno,
and more so, if it is salt; the bath, on an empty stomach,
 inurens sol, et omnis calor, cura, vigilia, somnus,
the scorching sun, and every (sort of) heat, care, watching, sleep,
 vel nimium brevis vel longus; lectus terra per aestatem;
either too short or long; the bed the earth during the summer;
 durum cubile hieme; cursus, multa ambulatio, que omnis
a hard bed in the winter; running, much walking, and all
 vehemens exercitatio, vomitus, dejectio, acidæ et austerae res,
violent exercise, vomiting, purging, acid and austere things,
 et assumptæ semel die, et potio vini non perfrigidi
and taken once a day, and a draught of wine not very cold
 jejuno adducta in consuetudinem.
(while) fasting brought into a custom.
 Vero cum posuerim vomitum et dejectionem inter
But though I have placed vomiting and purging amongst
 extenuantia, quædam quoque sunt proprie dicenda
the extenuants, some things also are properly (specially) to be said
 de his. Video vomitum rejectum esse ab Asclepiade in
concerning them. I see that vomiting has been rejected by Asclepiades in
 eo volumine quod composuit de tuenda sanitate; neque
that volume which he wrote about preserving the health; nor
 reprehendo, si est offensus consuetudine eorum qui
do I blame him, if he is displeased with the custom of them who
 moliantur facultatem vorandi ejeciendo quotidie. Idem
attempt (aim at) the power of devouring by throwing up daily. The same person
 processit etiam paulo longius; expulit purgationes
has gone even a little further; he expelled (interdicted) purgings
 quoque eodem volumine. Et eæ sunt perniciosæ, si
also in the same volume. And they are injurious, if

frequentior quies, unctio, et si post prandium
 est, balneum, contracta alvus, modicum frigus
 hieme, somnus et plenus et non nimis longus,
 molle cubile, animi securitas, assumpta per
 cibos et potiones maxime dulcia et pingua,
 cibus et frequentior et quantus plenissimus
 potest concoqui. Extenuat corpus aqua calida,
 si quis in eam descendit, magisque si salsa
 est; in jejuno balneum, inurens sol et omnis
 calor, cura, vigilia, somnus nimium vel brevis
 vel longus; lectus, per aestatem, terra; hieme,
 durum cubile; cursus, multa ambulatio, om-
 nisque vehemens exercitatio, vomitus, dejectio;

acidæ res et austerae, et semel die assumptæ, et
 vini non perfrigidi potio jejuno in consuetu-
 dinem adducta.

Cum vero inter extenuantia posuerim vo-
 mitum et dejectionem, de his quoque proprie
 quædam dicenda sunt. Rejectum esse ab
 Asclepiade vomitum in eo volumine, quod de
 tuenda sanitate composuit, video; neque re-
 prehendo, si offensus eorum est consuetudine,
 qui quotidie ejeciendo vorandi facultatem
 moliantur. Paulo etiam longius processit;
 idem purgationes quoque eodem volumine ex-
 pulit. Et sunt eæ perniciosæ, si nimis va-

fiunt nimis valentibus medicamentis. Sed tamen
they are done (effected) by too powerful medicines. But nevertheless
 est non perpetuum, hæc esse submovenda, quia
it is not universally true, that these things are to be wholly put aside, because
 ratio corporum et temporum potest facere ea necessaria
the nature of bodies and seasons may make those things necessary
 dum adhibeantur et modo et non nisi cum
provided they be used both with moderation and not except when
 est opus. Ergo ille ipse quoque confessus est, si quid
there is need. Therefore he himself also has confessed, if any thing
 esset jam corruptum, debere expelli; ita res est non
was already corrupted, that it ought to be expelled; so the thing is not
 condemnanda ex toto. Sed possunt esse etiam plures causæ ejus;
to be condemned entirely. But there may be even many causes for it;
 que quædam paulo subtilior observatio est adhibenda in ea.
and a somewhat a little more nice observation is to be used in it.
 Vomitus est utilior hieme quam æstate; nam tum subest
Vomiting is more serviceable in winter than in summer; for then there is
 et plus pituitæ, et gravitas capitis major. Est
both more of phlegm, and the weight of the head greater. It is
 inutilis gracilibus et habentibus imbecillum stomachum: utilis
injurious to thin people and those having a weak stomach: beneficial
 omnibus plenis et biliosis, si vel nimium replerunt se
to all plethoric and bilious persons, if either they have over repleted themselves,
 vel parum concoxerunt. Nam sive est plus quam quod
or have not so well digested. For whether he eats more than what
 possit concoqui, non oportet periclitari ne corrumpatur: sive
can be digested, it is not fit to risk that it be corrupted: or if
 corruptum est, nihil est commodius quam ejicere id viâ
it is corrupted, nothing is more advantageous than to eject it by the way
 quâ potest primum expelli. Itaque ubi sunt amari ructus
by which it can be first expelled. Therefore when there are bitter eructations
 cum dolore et gravitate præcordiorum, est protinus
with pain and (sense of) weight of the præcordia, we must immediately
 confugiendum ad hunc. Idem (vomitus) prodest ei cui pectus
have recourse to it. The same benefits him to whom the chest
 æstuat, et est frequens saliva vel nausea; aut aures
is hot, and there is a frequent (flow of) saliva or nausea; or the ears
 sonant, aut oculi madent, aut os est amarum: que
ring, or the eyes water, or the mouth is bitter: and
 similiter ei qui mutat vel cælum vel locum: que
in like manner him who changes either the climate or situation: and

lentibus medicamentis fiunt. Sed hæc tamen
 submovenda esse, non est perpetuum; quia
 corporum temporumque ratio potest ea facere
 necessaria, dum et modo, et non nisi cum opus
 est, adhibeantur. Ergo ille quoque ipse, si
 quid jam corruptum esset, expelli debere con-
 fessus est; ita non ex toto res condemnanda
 est. Sed esse ejus etiam plures causæ possunt;
 estque in ea quædam paulo subtilior observatio
 adhibenda. Vomitus utilior est hieme, quam
 æstate: nam tum et pituitæ plus, et capitis
 gravitas major subest. Inutilis est gracilibus,
 et imbecillum stomachum habentibus: utilis

plenis et biliosis omnibus, si vel nimium se
 replerunt, vel parum concoxerunt. Nam, sive
 plus est, quam quod concoqui possit, periclitari
 ne corrumpatur, non oportet: sive corruptum
 est, nihil commodius est, quam id, quâ viâ
 primum expelli potest, ejicere. Itaque, ubi
 amari ructus cum dolore et gravitate præcor-
 diorum sunt, ad hunc protinus confugiendum
 est. Idem prodest ei, cui pectus æstuat, et
 frequens saliva, vel nausea est; aut sonant
 aures, aut madent oculi, aut os amarum est:
 similiterque ei, qui vel cælum, vel locum
 mutat; illaque, quibus, si per plures dies non

118 quibus, si non vomuerunt per plures dies, dolor
those in whom, if they have not vomited for several days, pain
 infestat præcordia. Neque ignoro quietem præcipi inter
troubles the præcordia. Nor am I ignorant that rest is ordered during
 hæc, quæ (quies) potest non semper contingere habentibus
these things, which (rest) cannot always happen to those having
 necessitatem agendi, nec facit idem in omnibus.
a necessity of doing (business), nor does it act alike in all persons.
 Itaque confiteor non oportere istud fieri causâ
Therefore I confess that it does not behoove that that be done for the sake
 luxuriæ: credo experimentis interdum recte fieri
of luxury: I believe from experiments that sometimes it is rightly done
 causâ valetudinis: cum eo tamen, ne quis qui
for the sake of health: with this proviso however, let not any one who
 volet valere et senescere, habeat hoc quotidianum.
shall wish to be in health and to grow old, make this a daily (practice).
 Qui volet vomere post cibum, si facit ex facili, debet
He who shall wish to vomit after food, if he does (so) easily, ought
 assumere ante tepidam aquam tantum: si difficilius, adjicere
to take beforehand warm water only: if more difficultly, to add
 paulum vel salis vel mellis aquæ. At qui est vomiturus
a little either of salt or honey to the water. But he who is to vomit
 mane, debet antè bibere mulsum, vel hyssopum,
in the morning, ought previously to drink mulse (honeyed wine), or hyssop,
 aut esse radiculam; deindè bibere tepidam aquam, ut est scriptum
or to eat horseradish; then to drink warm water, as has been written
 suprâ, Cetera quæ antiqui medici præceperunt, omnia
above. The other things which the ancient physicians have directed, all
 infestant stomachum. Post vomitum, si stomachus est
injure the stomach. After vomiting, if the stomach is
 infirmus, paulum cibi, sed hujus idonei, (est) gustandum; et tres
weak, a little food, but that suitable, (is) to be tasted; and three
 cyathi frigida aquæ sunt bibendi; nisi tamen vomitus
glasses of cold water are to be drank; except however the vomiting
 exasperavit fauces. Qui vomuit, si fecit id manè,
has irritated the fauces. He who has vomited, if he has done it in the morning,
 debet ambulare, tum ungi, deindè cænare; si (fecit) post
ought to walk, then to be anointed, afterwards to dine; if (after
 cœnam, postero die lavari, et sudare in balneo. Cibis
dinner, on the next day to be washed, and to sweat in the bath. The meal
 proximus huic mediocris est utilior: quæ is debet esse
next to this a moderate is more wholesome: and it ought to be

vomuerunt, dolor præcordia infestat. Neque ignoro, inter hæc præcipi quietem: quæ non semper contingere potest agendi necessitatem habentibus; nec in omnibus idem facit. Itaque istud luxuriæ causa fieri non oportere confiteor; interdum valetudinis causa recte fieri, experimentis credo: cum eo tamen, ne quis, qui valere et senescere volet, hoc quotidianum habeat. Qui vomere post cibum volet, si ex facili facit, aquam tantum tepidam ante debet assumere; si difficilius, aquæ vel salis, vel mellis paulum adjicere. At qui mane vomiturus est, ante bibere mulsum vel hyssopum,

aut esse radiculam debet; deinde, aquam tepidam, ut supra scriptum est, bibere. Cetera, quæ antiqui medici præceperunt, stomachum omnia infestant. Post vomitum, si stomachus infirmus est, paulum cibi, sed hujus idonei gustandum, et aquæ frigida cyathi tres bibendi sunt; nisi tamen vomitus fauces exasperavit. Qui vomuit, si mane id fecit, ambulare debet, tum ungi, deinde cænare: si post cœnam, postero die lavari, et in balneo sudare. Huic proximus cibus mediocris utilior est; isque esse debet cum pane hesterno, vino austero meraco, et carne assa, cibisque omni-

cum hesterno pane, austero meraco vino, et assâ
with (consist of) yesterday's bread, rough pure wine, and roast
 carne, que omnibus cibus quam siccissimis. Qui vult vomere
meat, and all foods as dry as possible. He who wishes to vomit
 bis in mense, consulet melius, si continuarit biduo
twice in a month, will consult better, if he should continue it for two
 quàm si vomuerit post quintumdecimum diem;
days together, than if he should vomit after the fifteenth day;
 nisi hæc mora faciet gravitatem pectori. Autem dejectio
unless this delay shall cause a weight at the breast. But purging
 est petenda medicamento quoque, ubi venter suppressus reddit
is to be sought by medicine also, when the belly constipated voids
 parum, que ex eo inflationes, caligines, dolores capitis,
little, and from that flatulencies, dimness of sight, pains of the head,
 que alia mala superioris partis increscunt. Enim quid possunt
and the other maladies of the upper part increase. For what can
 quies et inedia adjuvare inter hæc per quæ illa
rest and fasting help in these things through which they (the former)
 maximè eveniunt? Qui volet deicere, primum
mostly happen? He who shall wish to purge himself, in the first place
 utatur iis cibus que vinis quæ præstent hoc; dein si illa
should use those foods and wines which effect this; then if these
 parum proficient, sumat aloën. Sed ut purgationes sun
shall not avail, he should take aloes. But as purgings are
 interdum necessariae, sic quoque ubi sunt frequentes, afferunt
sometimes necessary, so also when they are frequent, they bring
 periculum. Enim corpus assuescit non ali; cum
danger. For the body is accustomed not to be nourished; whereas
 infirmitas sit maximè obnoxia omnibus morbis. Autem
its weakness is very liable to all (kinds of) diseases. But
 unctio calefacit, salsa aqua, que magis si est calida, omnia
anointing heats, salt water, and the more if it is hot, all
 salsa, amara, carnosâ, si est post cibum, balneum, austereum
salt, bitter, fleshy things, if it is after food, the bath, rough
 vinum. Balneum et in jejuno refrigerat; et somnus, nisi
wine. The bath also whilst fasting is cooling; and sleep, unless
 est nimis longus, et omnia acida; aqua quàm frigidissima; oleum,
it is too long, and all acid things; water as cold as possible; oil,
 si miscetur aquâ. Autem labor major quàm ex consuetudine
if it is mixed with water. But labour greater than ordinary
 efficit corpus humidum, frequens balneum, plenior cibus, multa potio;
renders the body moist, a frequent bath, fuller diet, much drink,

bus quam siccissimis. Qui vomere bis in mense vult, melius consulet, si biduo continuarit, quam si post quintumdecimum diem vomuerit; nisi hæc mora gravitatem pectori faciet. Dejectio autem medicamento quoque petenda est, ubi venter suppressus parum reddit, ex eoque inflationes, caligines, capitis dolores, aliaque superioris partis mala increscunt. Quid enim inter hæc adjuvare possunt quies et inedia, per quæ illa maxime eveniunt? Qui deicere volet, primum cibus vinisque utatur iis, quæ hoc præstent; dein, si parum illa proficient, aloën sumat. Sed purgationes quo-

que, ut interdum necessariae sunt, sic, ubi frequentes sunt, periculum afferunt. Assuescit enim non ali corpus; cum omnibus morbis obnoxia maxime infirmitas sit. Calefacit autem unctio, aqua salsa, magisque si calida est, omnia salsa, amara, carnosâ, si post cibum est, balneum, vinum austereum. Refrigerat in jejuno et balneum, et somnus, nisi nimis longus est, et omnia acida; aqua quam frigidissima; oleum, si aqua miscetur. Humidum autem corpus efficit labor major, quam ex consuetudine, frequens balneum, cibus plenior, multa potio; post hæc ambulatio, et vigilia:

post hæc ambulatio, et vigilia: quoque multa et vehemens ambulatio
after these walking, and watching: also much and brisk walking
 per se, et cibum non protinus adjectus matutinæ exercitationi:
of itself, and food not immediately added to morning exercise:
 ea genera escæ quæ veniunt ex frigidis et pluviis et
those kinds of food which come from cold and rainy and
 irriguis locis. Contrà, modica exercitatio siccat, fames,
watered places. On the other hand, moderate exercise dries, hunger,
 unctio sine aquâ, calor, modicus sol, frigida aqua,
anointing without water, heat, a moderate sun, cold water,
 cibus statim subjectus exercitationi, et is ipse (cibus) veniens
food immediately subjected to exercise, and that itself (food) coming
 ex siccis et æstuosis locis.
from dry and sultry places.

Labor adstringit alvum, sedile, figularis creta illita
Labour binds the belly, a seat (sedentary habits), potters' chalk smeared
 corpori, imminutus cibus, et is ipse assumptus semel die
on the body, a reduced diet, and that itself taken once in the day
 ab eo qui solet (sumere) bis; exigua potio, neque adhibita, nisi
by him who is used twice; little drink, nor used, except
 cum quis cœpit quantum cibi est assumpturus; quies post
when a person has taken as much food as he is about to take; rest after
 cibum. Contrà, aucta ambulatio atque esca solvit, motus
food. On the other hand, increased walking and food relaxes, the motion
 qui est post cibum, potiones immixtæ subinde cibo.
which is after food, the drinks mixed occasionally with the food.
 Oportet scire illud quoque, quòd vomitus comprimit solutum
It behooves to know this also, that vomiting binds a relaxed
 ventrem, solvit compressum: que is vomitus, qui est statim
belly, relaxes a bound one: and that vomiting, which is immediately
 post cibum, item comprimit; is, qui tardè supervenit, solvit.
after food, likewise binds; that, which slowly supervenes, relaxes.
 Vero quod pertinet ad ætates, mediæ ætates sustinent inediam
But as relates to ages, the middle ages sustain hunger
 facillimè, juvenes minùs, pueri et confecti senectute
most easily, young men less, boys and those worn out with old age
 minimè. Quò minùs facilè quisque fert (inediam) eò sæpiùs
least of all. The less easily every one bears it, so much the oftener
 debet assumere cibum; que qui increscit eget eo maxime.
ought he to take food; and he who is growing wants it most of all.
 Calida lavatio est apta et pueris et senibus. Dilutius vinum
Warm bathing is fit both for boys and old men. A more diluted wine

per se quoque ambulatio multa et vehemens, et
 matutinæ exercitationi non protinus cibus ad-
 jectus; ea genera escæ, quæ veniunt ex locis
 frigidis, et pluviis, et irriguis. Contra siccat
 modica exercitatio, fames, unctio sine aquâ,
 calor, sol modicus, frigida aqua, cibus exerci-
 tationi statim subjectus, et is ipse ex siccis et
 æstuosis locis veniens.
 Alvum adstringit labor, sedile, creta figu-
 laris corpori illita, cibus imminutus, et is
 ipse semel die assumptus ab eo, qui bis solet;
 exigua potio, neque adhibita, nisi cum cibi
 quis quantum assumpturus est, cepit; post

cibum quies. Contra solvit aucta ambulatio
 atque esca, motus qui post cibum est, subinde
 potiones cibo immixtæ. Illud quoque scire
 oportet, quod ventrem vomitus solutum com-
 primit, compressum solvit: itemque comprimit
 is vomitus, qui statim post cibum est; solvit
 is, qui tarde supervenit.
 Quod ad ætates vero pertinet, inediam fa-
 cillime sustinent mediæ ætates, minùs juvenes,
 minime pueri et senectute confecti. Quo minùs
 fert facile quisque, eo sæpius debet cibum
 assumere; maximeque eo eget, qui increscit.
 Calida lavatio est apta et pueris et senibus apta est.

pueris, meracius senibus, quæ movent inflationes neutri
 for boys, a purer for old men, those which excite flatulencies for neither
 ætati. Interest juvenum minus, quæ assumant et quomodo
 age. It imports youths less what they take and how
 curentur. Juvenibus quibus alvus fluxit,
 they are treated. In the youths in whom the belly has been relaxed,
 plerumque contrahitur senectute: quibus fuit adstricta in
 generally it is contracted in old age: in whom it has been bound in
 adolescentiâ, sæpe solvitur in senectute. Autem fusior
 youth, frequently it, is relaxed in old age. But a more relaxed
 (sc. alvus) est melior in juvene, adstrictior in sene.
 belly is better in a young man, a more bound in an old.

Oportet considerare quoque tempus anni. Convenit esse
 It behooves to consider also the time of the year. It is expedient to eat
 plus hieme, bibere minus, sed meracius; uti multo
 more in the winter, to drink less, but purer; to use plenty of
 pane, carne potius elixâ, oleribus modice; capere cibum
 bread, meat in preference boiled, vegetables moderately: to take food
 semel die, nisi si venter est nimis adstrictus. Si aliquis
 once in a day, except if the belly is too costive. If a person
 prandet, est utilius sumere aliquid exiguum, et ipsum
 lunches, it is more proper to take something sparing, and itself
 siccum, sine carne, sine potione. Eo tempore anni
 dry, without meat, without drink. At this time of the year
 est potius utendum omnibus calidis vel moventibus calorem.
 we must rather use all things hot or exciting heat.
 Venus est non tum æquè perniciosa. At vere
 Venery is not then so pernicious. But in spring,
 demendum est paulum cibo que adjiciendum
 we ought to take away a little from the food (to reduce the diet) and to add
 potioni; sed tamen bibendum est dilutiùs; utendum
 to the drink; but nevertheless we must drink more diluted; we must use
 carne magis, oleribus magis; transeundum paulatim ab
 flesh more, vegetables more; we must pass by degrees from
 elixis ad assa. Venus est tutissima eo tempore anni.
 boiled to roast things. Venery is safest at this time of the year.
 Vero æstate corpus eget et potione et cibo
 But in summer the body wants both drink and food
 sæpiùs; ideo est commodum prandere quoque. Eo
 more frequently; therefore it is advantageous to lunch also. At
 tempore et caro et olus sunt aptissima; potio
 that season both flesh and vegetables are most suitable; the drink

Vinum dilutius pueris, senibus meracius, neutri ætati, quæ inflationes movent. Juvenum minus, quæ assumant, et quomodo curentur, interest. Quibus juvenibus fluxit alvus, plerumque in senectute contrahitur; quibus in adolescentia fuit adstricta, sæpe in senectute solvitur. Melior est autem in juvene fusior, in sene adstrictior.

Tempus quoque anni considerare oportet. Hieme plus esse convenit; minus, sed meracius bibere; multo pane uti, carne potius elixa, modice oleribus; semel die cibum capere, nisi si nimis venter adstrictus est. Si prandet

aliquis, utilius est exiguum aliquid, et ipsum siccum sine carne, sine potione sumere. Eo tempore anni calidis omnibus potius utendum est, vel calorem moventibus. Venus tum non æquè perniciosa est. At vere paulum cibo demendum, adjiciendumque potioni, sed dilutius tamen bibendum est; magis carne utendum, magis oleribus; transeundum paulatim ad assa ab elixis. Venus eo tempore anni tutissima est. Æstate vero et potione et cibo sæpius corpus eget; ideo prandere quoque commodum est. Eo tempore aptissima sunt et caro et olus; potio quam dilutissima, ut et

quàm dilutissima, ut et tollat sitim, nec incendat
as much diluted as possible, so that it may both take away thirst, nor inflame
 corpus; frigida lavatio, assa caro, frigidi cibi, vel qui
the body; cold bathing, roast meat, cold foods, or which
 refrigerent. Autem ut utendum cibo, sæpius sic est
are cooling. But as we must use food oftener so we must
 (utendum) exiguo. Vero per autumnum est maximum
use it sparing(ly). But during the autumn, there is the greatest
 periculum propter varietatem cœli. Itaque
danger on account of the variableness of the weather. Therefore
 oportet prodire neque sine veste neque sine
it is expedient to go out neither without a garment nor without
 calceamentis, que præcipue frigidioribus diebus, neque dormire
shoes, and especially on the colder days, nor to sleep
 nocte sub divo, aut certè benè operiri. Vero jam
at night in the open air, or at least to be well covered. But now
 licet uti paulò pleniore cibo, bibere minùs sed
it is allowable to use a little fuller diet, to drink less but
 meraciùs. Quidam putant poma nocere, quæ
pur. Some think that orchard fruits do mischief, which
 plerumque assumuntur sic immodicè toto die, (ut)
generally are taken so immoderately the whole day, (that)
 ne quid remittatur ex densiore cibo. Ita non hæc sed
nothing can be remitted from the denser food. Thus not these but
 consummatio omnium nocet. In nullo ex quibus tamen
the sum total of all injures. In none of which however
 est minus noxæ quàm in his. Sed non convenit uti
is there less (of) injury than in these. But it is not expedient to use
 his sæpius quàm alio cibo. Denique est necessarium
these oftener than other food. Finally it is necessary
 aliquid demi densiori cibo cum hic (sc. alius aut
that something be taken from the more solid food when this
 densior cibus) accedit. Vero Venus est utilis neque æstate
is added. But venery is advantageous neither in summer
 neque autumnò; tamen (est) tolerabilior per autumnum; est
nor in autumn; nevertheless it is more tolerable during the autumn; we
 abstinendum in totum æstate, si potest fieri.
ought to abstain from it altogether in the summer, if it can be done.

sitim tollat, nec corpus incendat; frigida lavatio, caro assa, frigidi cibi, vel qui refrigerent. Ut sæpius autem cibo utendum, sic exiguo est. Per autumnum vero, propter cœli varietatem, periculum maximum est. Itaque neque sine veste, neque sine calceamentis prodire oportet, præcipueque diebus frigidioribus, neque sub divo nocte dormire, aut certe bene operiri. Cibo vero jam paulo pleniore uti licet; minus, sed meraciùs bibere. Poma nocere quidam

putant, quæ immodicè toto die plerumque sic assumuntur, ne quid ex densiore cibo remittatur: ita non hæc, sed consummatio omnium nocet. Ex quibus in nullo tamen minus, quam in his noxæ est. Sed his uti non sæpius, quam alio cibo convenit. Denique aliquid densiori cibo, cum hic accedit, necessarium est demi. Neque æstate vero, neque autumnò utilis venus est; tolerabilior tamen per autumnum; æstate in totum, si fieri potest, abstinendum est.

CAP. IV.
CHAP. IV.

Regimen Management			Laborantium of those suffering		Partibus. in parts.			
Proximum <i>The next thing</i>	est, <i>is,</i>	ut <i>that</i>	dicam <i>I speak</i>	de <i>of</i>	iis <i>those</i>	qui <i>who</i>	habent <i>have</i>	aliquas <i>some</i>
partes <i>parts</i>	corporis <i>of the body</i>	imbecillas. <i>weak.</i>	Cui <i>Who</i>	est <i>has</i>	caput <i>the head</i>	infirmum, <i>weak,</i>	is, <i>he,</i>	si <i>if</i>
concoxerit <i>he have digested</i>	bene, <i>well,</i>	debet <i>ought</i>	mane <i>in the morning</i>	perfricare <i>to rub</i>	id <i>it</i>	leniter <i>gently</i>	suis <i>with his own</i>	
manibus; <i>hands;</i>	nunquam <i>never</i>	velare <i>to cover</i>	id <i>it</i>	veste <i>with a nightcap</i>	si <i>if</i>	potest <i>it can</i>	fieri; <i>be done;</i>	
tonderi <i>to be clipped</i>	ad <i>to</i>	cutem: <i>the scalp:</i>	que <i>and</i>	(est) <i>it is</i>	utile <i>advantageous</i>	vitare <i>to avoid</i>	lunam, <i>the moon,</i>	
que <i>and</i>	maximè <i>especially</i>	ante <i>before</i>	concursum <i>the conjunction</i>	ipsum <i>itself</i>	lunæ <i>of the moon</i>	que <i>and</i>	solis; <i>sun;</i>	
sed <i>but</i>	nusquam <i>never</i>	post <i>after</i>	cibum. <i>food.</i>	Si <i>If</i>	cui <i>a person</i>	sunt <i>have</i>	capilli, <i>hairs,</i>	(debet) <i>(he ought)</i>
pectere <i>to comb</i>	eos <i>them</i>	quotidie; <i>daily;</i>	ambulare <i>to walk</i>	multum, <i>much,</i>	sed <i>but</i>	si <i>if</i>	licet, <i>it is possible,</i>	
neque <i>neither</i>	sub <i>under</i>	tecto, <i>a roof,</i>	neque <i>nor</i>	in <i>in</i>	sole; <i>the sun;</i>	autem <i>but</i>	utique <i>also</i>	vitare <i>to avoid</i>
ardorem <i>the heat</i>	solis, <i>of the sun,</i>	que <i>and</i>	maxime <i>especially</i>	post <i>after</i>	cibum <i>food</i>	et <i>and</i>	vinum; <i>wine;</i>	
ungi <i>to be anointed</i>	potius <i>rather</i>	quam <i>than</i>	lavari; <i>bathed;</i>	nunquam <i>never</i>	ungi <i>to be anointed</i>	ad <i>before</i>		
flammas; <i>a flame;</i>	interdum <i>sometimes</i>	ad <i>before</i>	prunam. <i>live coals.</i>	Si <i>If</i>	venit <i>he comes</i>	in <i>into</i>	balneum, <i>the bath,</i>	
primum <i>first</i>	insudare <i>to sweat</i>	paulum <i>a little</i>	sub <i>under</i>	veste <i>his clothes</i>	in <i>in</i>	tepidario, <i>the tepidarium,</i>	ibi <i>there</i>	
ungi, <i>to be anointed,</i>	tum <i>then</i>	transire <i>to pass</i>	in <i>into</i>	calidarium; <i>the calidarium;</i>	ubi <i>when</i>	sudarit, <i>he has sweated,</i>	non <i>not</i>	
descendere <i>to descend</i>	in <i>into</i>	solum, <i>the solium,</i>	sed <i>but</i>	perfundere <i>to bathe</i>	se <i>himself</i>	totum <i>entirely</i>	per <i>over</i>	
caput <i>the head</i>	multâ <i>with much</i>	calidâ <i>hot</i>	aquâ, <i>water,</i>	tum <i>then</i>	tepidâ, <i>with warm,</i>	deinde <i>afterwards</i>	frigidâ, <i>with cold,</i>	
que <i>and</i>	perfundere <i>to bathe</i>	caput <i>his head</i>	eâ <i>with it</i>	diutius <i>longer</i>	quam <i>than</i>	ceteras <i>the other</i>	partes; <i>parts;</i>	deinde <i>then</i>

CAP. IV. — *Regimen Partibus Laborantium.*
PROXIMUM est, ut de iis dicam, qui partes aliquas corporis imbecillas habent. Cui caput infirmum est, is, si bene concoxerit, leniter perfricare id mane manibus suis debet; nunquam id, si fieri potest, veste velare; ad cutem tonderi; utileque lunam vitare, maximeque ante ipsum lunæ solisque concursum; sed nusquam post cibum. Si cui capilli sunt, eos quo-

tidie pectere; multum ambulare, sed, si licet, neque sub tecto, neque in sole; utique autem vitare solis ardorem, maximeque post cibum et vinum; potius ungi, quam lavari; nunquam ad flammam ungi, interdum ad prunam. Si in balneum venit, sub veste primum paulum in tepidario insudare, ibi ungi, tum transire in calidarium; ubi sudarit, in solium non descendere, sed multa calida aqua per caput se totum perfundere, tum tepida, deinde frigida; diuti-

perfricare id aliquamdiu; novissimè detergere et ungere. Nihil
to rub it for some time; lastly to wipe and to anoint. Nothing

prodest capiti æque atque frigida aqua: itaque is, cui
benefits the head so much as cold water: therefore he, who

est hoc infirmum, debet quotidie per æstatem subicere id
has this weak, ought daily during the summer to expose it

aliquamdiu bene largo canali. Autem semper, etiamsi
for some time to a tolerably large pipe. But always, although

unctus est sine balneo, neque sustinet refrigerare totum
he has been anointed without the bath, nor bears to cool the whole

corpus, tamen perfundere caput frigida aqua. Sed cum
body, nevertheless to bathe the head with cold water. But when

nolit cæteras partes attingi, (debet) demittere id
he is unwilling that the other parts be touched, (he ought) to hang it

ne aqua descendat ad cervices; que subinde
(down) lest the water descend to the shoulders; and frequently

regere eam (aquam) defluentem ad hoc, (s. caput,)
to throw back it flowing down upon it, (the head,)

manibus, ne noceat quid, oculis ve aliis partibus.
with his hands, lest it hurt any thing, the eyes or the other parts.

Huic modicus cibus est necessarius, quem concoquat
For this person moderate food is necessary, which he can digest

facile; que is, si caput læditur jejuno, est assumendus etiam
easily; and it, if the head is hurt by fasting, is to be taken even

medio die; si non læditur semel potius.
in the middle of the day; if it is not hurt once in preference.

Expediit huic bibere assidue lene dilutum vinum, magis
It is expedient for him to drink constantly light diluted wine, rather

quam aquam; ut cum caput cœperit esse gravius,
than water; that when the head shall begin to be more heavy,

sit quo confugiat: que neque vinum neque aqua
there may be whither he can fly: and neither wine nor water

ex toto sunt semper utilia ei: utrumque est medicamentum,
wholly are always advantageous to him: each is a medicament,

cum assumitur invicem. Est non opus huic scribere,
when it is taken by turns. It is not expedient for this person to write,

legere, contendere voce, utique post cœnam;
to read, to contend with the voice (to declaim), especially after dinner;

post quam ne quidem cogitatio est satis tuta ei; tamen,
after which not even thinking is very safe for him; however,

vomitus est maxime alienus.
vomiting is highly improper.

usque ea caput, quam ceteras partes perfricare: novissime detergere et ungere. Capiti nihil æque prodest atque aqua frigida: itaque is, cui hoc infirmum est, per æstatem id bene largo canali quotidie debet aliquamdiu subicere. Semper autem, etiamsi sine balneo unctus est, neque totum corpus refrigerare sustinet, caput tamen aqua frigida perfundere. Sed cum ceteras partes attingi nolit, demittere id, ne ad cervices aqua descendat; eamque, ne quid oculis, aliisve partibus noceat, defluentem subinde manibus ad hoc regerere. Huic modicus

cibus necessarius est, quem facile concoquat; isque, si jejuno caput læditur, assumendus etiam medio die est: si non læditur, semel potius. Bibere huic assidue vinum dilutum, lene, quam aquam, magis expedit: ut, cum caput gravius esse cœperit, sit quo confugiat: eique ex toto neque vinum, neque aqua semper utilia sunt; medicamentum utrumque est, cum invicem assumitur. Scribere, legere, voce contendere, huic opus non est, utique post cœnam; post quam ne cogitatio quidem ei satis tuta est; maxime tamen vomitus alienus est.

CAP. V.
CHAP. V.

Regimen Lippientium, &c.
Regimen for those suffering from Sore Eyes, &c.

Vero neque usus frigida aquæ prodest his solis
But neither does the use of cold water benefit those alone (only)
quos imbecillitas capitis torquet; sed iis etiam quos assiduæ
whom weakness of the head tortures; but those also whom constant
lippitudines, gravedines, destillationes, que tonsillæ
lippitudes, stuffings of the head, catarrhs, and affections of the tonsils
male habent. Autem his est non tantum perfundendum caput
badly affect. But they ought not only to bathe the head
quotidie, sed quoque fovendum os multâ frigida aquâ:
daily, but also to wash the mouth with much cold water:
que omnibus præcipue quibus hoc auxilium est utile, est
and all especially to whom this remedy is serviceable, ought
utendum eo ubi Austri reddiderunt cælum
to use it when the south winds have rendered the atmosphere
gravius. Que cum aut contentio aut agitatio animi
more sickly. And as either debating or agitation of the mind
sit inutilis omnibus post cibum, tum præcipue iis qui
is injurious to all after food, so especially to those who
consuerunt habere dolores vel capitis, vel arteriæ,
have been accustomed to have pains either of the head, or of the trachea,
vel quoslibet alios affectus oris. Gravedines etiam que
or any other affections of the mouth. Stuffings of the head also and
destillationes possunt vitari, si qui est opportunus his
catarrhs may be avoided, if he who is subject to them
mutat loca que aquas quam minime; si protegit
changes the situations and waters as little as possible; if he covers
caput in sole, ne incendatur, neve subitum frigus ex
his head in the sun, that it be not inflamed, nor sudden cold from
repentino nubilo moveat id; si jejunos, radit caput post
an unexpected cloud excite it; if fasting, he shaves the head after
concoctionem; si neque legit neque scribit post cibum.
digestion; if he neither reads nor writes after food.

CAP. V.—Regimen Lippientium, &c.—NEQUE vero his solis, quos capitis imbecillitas torquet, usus aquæ frigida prodest; sed iis etiam, quos assiduæ lippitudines, gravedines, destillationes, tonsillæque male habent. His autem non caput tantum quotidie perfundendum, sed os quoque multa frigida aqua fovendum est; præcipueque omnibus, quibus hoc utile auxilium est, eo utendum est, ubi gravius cælum Austri reddiderunt. Cumque omnibus inutilis sit post cibum aut contentio, aut agitatio animi; tum iis præcipue, qui vel capitis vel arteriæ dolores habere consuerunt, vel quoslibet alios oris affectus. Vitari etiam gravedines, destillationesque possunt, si quam minime, qui his opportunus est, loca aquasque mutat; si caput in sole protegit, ne incendatur, neve subitum frigus id moveat; si post concoctionem jejunos caput radit; si post cibum neque legit, neque scribit.

CAP. VI.
CHAP. VI.

Regimen Laxioris Alvi.
Management of a more Lax Belly.

Vero huic quem cita alvus frequenter exercet, est opus
But he whom a loose belly frequently troubles, has need
exercere superiores partes pilâ que similibus; ambulare
to exercise the upper parts with the ball and like things; to walk
dum est jejunus; vitare solem, continua balnea; ungi
whilst he is fasting; to avoid the sun, continual baths; to be anointed
citra sudorem; non uti variis cibis, que minime
on this side sweating; not to use various (kinds of) foods, and by no means
jurulentis, aut leguminibus, ve iis oleribus quæ descendunt
broths, or pulse, or those vegetables which descend
celeriter; denique sumere omnia quæ concoquantur tarde.
quickly; in short to take all things which are digested slowly.
Venatio, que duri pisces, et assa caro ex domesticis animalibus
Venison, and hard fishes, and the roasted flesh of domestic animals
juvant maxime. Nunquam expedit bibere salsum vinum, ne
aid very much. It is never expedient to drink salt wine, not
quidem tenue aut dulce; sed austerum, et plenius, neque
even light or sweet; but rough, and more generous, nor
id ipsum pervetus. Si volet uti mulso, id est faciendum
that itself very old. If he shall wish to use honeyed wine, it ought to be made
ex decocto melle. Si frigida potiones non turbant ejus
from boiled honey. If cold drinks do not disturb his
ventrem, utendum est his potissimum. Si sensit quid
belly, he must use these chiefly. If he has felt any (thing)
(of) offensæ in cenâ debet vomere; que facere id postero
disgust during dinner, he ought to vomit; and to do that on the next
die quoque; tertio, esse panem modici ponderis ex
day also; on the third, to eat bread in moderate quantity out of
vino, uvâ adjectâ ex ollâ vel ex defruto que
wine, grapes being added from the pot (potted) or from boiled must and
aliis similibus: deinde redire ad consuetudinem. Autem
other similar things: then to return to his usual custom. But

CAP. VI.—Regimen Alvi Laxioris.—QUEM vero frequenter cita alvus exercet, huic opus est pila similibusque superiores partes exercere; dum jejunus est, ambulare; vitare solem, continua balnea; ungi citra sudorem; non uti cibis variis, minimeque jurulentis, aut leguminibus, oleribusve iis, quæ celeriter descendunt; omnia denique sumere, quæ tarde concoquantur. Venatio, duriusque pisces, et ex domesticis animalibus assa caro maxime juvant. Nunquam vinum salsum bibere expedit, ne tenue quidem, aut dulce; sed austerum, et plenius, neque id ipsum pervetus. Si mulso uti volet, id ex decocto melle faciendum est. Si frigida potiones ventrem ejus non turbant, his utendum potissimum est. Si quid offensæ in cenâ sensit, vomere debet; idque postero quoque die facere; tertio, modici ponderis panem ex vino esse, adjecta uva ex olla, vel ex defruto, similibusque aliis: deinde ad consuetudinem redire.

semper	conquiescere	post	cibum,	ac	neque	intendere	animum
<i>always</i>	<i>to rest</i>	<i>after</i>	<i>food,</i>	<i>and</i>	<i>neither</i>	<i>to apply</i>	<i>the mind</i>
neque	dimoveri	ambulatione	quamvis	leni.			
<i>nor</i>	<i>to be moved</i>	<i>by walking</i>	<i>however</i>	<i>gentle.</i>			

CAP. VII.
CHAP. VII.

Regimen Dolentis Coli.
Management of a Painful Colon.

At	si	laxius	intestinum,	quod	nominant	colum,
<i>But</i>	<i>if</i>	<i>the larger</i>	<i>intestine,</i>	<i>which</i>	<i>they name</i>	<i>the colon,</i>
consuevit	dolere,	cum	id	sit	nihil	nisi
<i>has been accustomed</i>	<i>to be painful,</i>	<i>although</i>	<i>that</i>	<i>may be</i>	<i>nothing</i>	<i>but (only)</i>
genus	inflationis,	id est	agendum,	ut	aliquis	concoquat; ut
<i>a kind</i>	<i>of flatulence,</i>	<i>that is</i>	<i>to be done,</i>	<i>that</i>	<i>the person</i>	<i>may digest; that</i>
exerceatur	lectione,	et	aliis	generibus,	utatur	calido
<i>he be exercised</i>	<i>by reading,</i>	<i>and</i>	<i>other</i>	<i>kinds,</i>	<i>he should use</i>	<i>the warm</i>
balneo,	quoque	calidis	cibis	et	potionibus;	denique, vitet
<i>bath,</i>	<i>also</i>	<i>warm</i>	<i>foods</i>	<i>and</i>	<i>drinks;</i>	<i>lastly, he should avoid</i>
omni	modo	frigus;	ita	omnia	dulcia	que legumina et
<i>by all</i>	<i>means</i>	<i>cold;</i>	<i>also</i>	<i>all</i>	<i>sweet things</i>	<i>and legumes and</i>
quidquid	consuevit	inflare.				
<i>whatsoever</i>	<i>has been accustomed</i>	<i>to inflate.</i>				

CAP. VIII.
CHAP. VIII.

Regimen Laborantium Ventriculo.
Regimen of those Suffering in the Stomach.

Vero	si	quis	laborat	stomacho,	debet	legere	clare;
<i>But</i>	<i>if</i>	<i>any one</i>	<i>suffers</i>	<i>in the stomach,</i>	<i>he ought</i>	<i>to read</i>	<i>aloud;</i>
ambulare	post	lectionem;	tum	exerceri	pila,	vel	armis,
<i>to walk</i>	<i>after</i>	<i>reading;</i>	<i>then</i>	<i>to be exercised</i>	<i>with the ball,</i>	<i>or</i>	<i>arms,</i>
ve	quo	alio	genere	quo	superior	pars	movetur, jejunos
<i>or</i>	<i>in any</i>	<i>other</i>	<i>manner</i>	<i>in which</i>	<i>the upper</i>	<i>part</i>	<i>is moved, fasting</i>
bibere	non	aquam,	sed	calidum	vinum,	assumere	cibum bis
<i>to drink</i>	<i>not</i>	<i>water,</i>	<i>but</i>	<i>hot</i>	<i>wine,</i>	<i>to take</i>	<i>food twice</i>

Semper autem post cibum conquiescere, ac neque intendere animum, neque ambulatione quamvis leni dimoveri.

CAP. VII.—*Regimen Coli Dolentis.*—At si laxius intestinum dolere consuevit, quod colum nominant, cum id nihil nisi genus inflationis sit, id agendum est, ut concoquat aliquis, ut lectione, aliisque generibus exerceatur, utatur balneo calido, cibis quoque et potionibus calidis; de-

nique omni modo frigus vitet, ita dulcia omnia, leguminaque et quidquid inflare consuevit.

CAP. VIII.—*Regimen Ventriculo Laborantium.*—Si quis vero stomacho laborat, legere, clare debet; post lectionem ambulare; tum pila, vel armis, aliove quo genere, quo superior pars movetur, exerceri; non aquam, sed vinum calidum bibere jejunos; cibum bis die assumere, sic tamen, ut facile concoquat; uti vino tenui

die, sic tamen ut concoquat facile : uti tenui
in a day, ~~sed~~ nevertheless that he can digest it easily : to use weak
et austero vino, et potius frigidis potionibus post cibum.
but austere wine, and in preference cold drinks after food.

Autem pallor, macies, doior præcordiorum, nausea, et
But paleness, emaciation, pain of the præcordia, nausea, and
vomitus nolentium, dolor capitis in jejuno
the vomiting of those unwilling (involuntary), pain of the head in a person fasting

indicant infirmum stomachum. Quæ in quo sunt non,
indicate a weak stomach. Which (things) in whom they are not,
is est firmi stomachi. Neque utique est credendum (nobis)
he is of a strong stomach. Nor moreover ought we believe

nostris, qui, cum in adversâ valetudine concupiverunt
our countrymen, who, when in bad health they have desired

vinum, aut frigidam aquam, habent patrociniûm deliciarum in
wine, or cold water, make an excuse for their pleasures by

accusationem stomachi non merentis. At qui tarde
the accusation of their stomach not deserving it. But they who slowly

concoquunt, et quorum præcordia ideo inflantur, va qui
digest, and whose præcordia on that account are inflated, or who

propter aliquem ardorem consuerunt sitire noctu,
on account of some heat have been accustomed to thirst by night,

bibant duos ve tres cyathos, per tenuem fistulam
should drink two or three glasses, through a small pipe,

antequam conquiescant. Etiam legere clare prodest adversus
before that they go to rest. Also to read aloud is serviceable against

tardam concoctionem, deinde ambulare, tum vel ungi
slow digestion, afterwards to walk, then either to be anointed

vel lavari; assiduè bibere frigidum vinum; et post cibum
or to be bathed; constantly to drink cold wine; and after food

magnam potionem, sed ut dixi supra, per siphonem: deinde
a large draught, but as I have said above, through a tube: then

includere omnes potiones frigidâ aquâ. Vero cui
to inclose (finish) all potations with cold water. But to whom

cibus acescit, is debet bibere ante eum egelidam aquam,
the food turns sour, he ought to drink before it luke-warm water,

et vomere; at si frequens dejectio incidit cui ex hoc,
and to vomit; but if frequent purging happens to any one from this,

quoties alvus constiterit ei utatur potissimum
as often as the belly shall be astringed for him, he should use chiefly

frigidâ potione.
cold drink.

et austero, et post cibum frigidis potionibus potius. Stomachum autem infirmum indicant pallor, macies, præcordiorum dolor, nausea, et nolentium vomitus, in jejuno dolor capitis. Quæ in quo non sunt, is firmi stomachi est. Neque credendum utique nostris est, qui, cum in adversâ valetudine vinum aut frigidam aquam concupiverunt, deliciarum patrociniûm in accusationem non merentis stomachi habent. At qui tarde concoquunt, et quorum ideo præcordia inflantur, quive propter ardorem aliquem noctu sitire consuerunt, ante quam con-

quiescant, duos tresve cyathos per tenuem fistulam bibant. Prodest etiam adversus tardam concoctionem clare legere, deinde ambulare, tum vel ungi vel lavari, assidue vinum frigidum bibere, et post cibum, magnam potionem, sed ut supra dixi, per siphonem: deinde omnes potiones aqua frigida includere. Cui vero cibus acescit, is ante eum bibere aquam egelidam debet et vomere: at si cui ex hoc frequens dejectio incidit, quoties alvus ei constiterit, frigida potione potissimum utatur.

CAP. IX.
CHAP. IX.Regimen Dolentium Nervorum.
Management of Painful Nerves (Tendons.)

Verò si nervi solent dolere cui, quod con-
But if the nerves (tendons) are wont to be in pain to any one, which has been ac-
 suevit esse in podagrâ ve chiragrâ, huic est
customed to be (to arise) in the foot gout or hand gout, he ought
 exercendum id quod est affectum quantum potest fieri, que
to exercise that which is affected as much as can be done, and
 objiendum labori et frigori; nisi cum dolor increvit,
to expose it to labour and cold; unless when the pain has increased,
 sub quo quies est optima. Venus est semper inimica;
during which rest is best. Venery is always hurtful;
 concoctio, sicut in omnibus affectibus corporis, (est) necessaria:
digestion, as in all affections of the body, (is) necessary:
 enim cruditas lædit id maxime; et quoties corpus est
for indigestion hurts it very much; and as often as the body is
 offensum, vitiosa pars sentit maxime.
disordered, the faulty part feels most of all.

Autem ut concoctio occurrit omnibus vitiis, sic rursus frigus
But as digestion opposes all diseases, so again cold
 (occurrit) aliis, calor aliis: quæ quisque debet sequi
(checks) some, heat others: which every one ought to follow
 pro habitu sui corporis. Frigus est inimicum
according to the habit of his body. Cold is hurtful
 seni, tenui, vulneri, præcordiis, intestinis,
to an old man, to a thin one, to a wound, the præcordia, intestines,
 vesicæ, auribus, coxis, scapulis, naturalibus, ossibus, dentibus,
bladder, ears, hips, shoulders, genitals, bones, teeth,
 nervis, vulvæ, cerebro. Idem facit summam cutem pallidam,
nerves (tendons) womb, the brain. The same renders the surface of the skin pale,
 aridam, duram, nigram; ex hoc horrores que tremores nascuntur.
dry, hard, black; from this shiverings and tremors arise.
 At prodest juvenibus et omnibus plenis: que mens
But it benefits youths and all plethoric persons: and the mind
 est erectior, et concoquitur (a nobis, imperson.) melius, ubi quidem
is more active, and we digest better, when indeed

CAP. IX.—*Regimen Nervorum Dolentium.*—Si cui vero dolere nervi solent, quod in podagra chiragra esse consuevit, huic, quantum fieri potest, exercendum id est, quod affectum est, objiendumque labori et frigori; nisi cum dolor increvit; sub quo quies optima est. Venus semper inimica est; concoctio sicut in omnibus corporis affectibus necessaria. Cruditas enim id maxime lædit, et quoties offensus corpus est, vitiosa pars maxime sentit.

Ut concoctio autem omnibus vitiis occurrit, sic rursus aliis frigus, aliis calor: quæ sequi quisque pro habitu corporis sui debet. Frigus inimicum est seni, tenui, vulneri, præcordiis, intestinis, vesicæ, auribus, coxis, scapulis, naturalibus, ossibus, dentibus, nervis, vulvæ, cerebro: idem summam cutem facit pallidam, aridam, duram, nigram; ex hoc horrores tremoresque nascuntur. At prodest juvenibus, et omnibus plenis: erectiorque mens est, et me-

est frigus, sed cavetur. Vero frigida aqua infusa
there is cold, but it is to be guarded against. But cold water affused
prodest præterquam capiti, stomacho etiam; item articulis
benefits besides the head, the stomach also; likewise the joints
que doloribus qui sunt sine ulceribus; item hominibus nimis
and the pains which are without ulcers; also men too
rubicundis, si vacant dolore. Autem calor adjuvat omnia
ruddy, if they are free from pain. But heat benefits all things
quæ frigus infestat: item lippientes, si sunt nec dolor
which cold troubles: also blear-eyed persons, if there are neither pain
nec lacrimæ; quoque nervos qui contrahuntur; que præcipue
nor tears; also the tendons (sinews) which are contracted; and especially
ea ulcera quæ sunt ex frigore: idem facit colorem
those ulcers which arise from cold: the same renders the colour
corporis bonum; movet urinam. Si est nimius, effeminat
of the body good; promotes the urine. If it is too much, it effeminates
corpus, emollit nervos, solvit stomachum.
the body, softens the nerves, relaxes the stomach.

Vero aut frigus aut calor, ubi sunt subita insuetis,
But either cold or heat, when they are sudden to those unaccustomed to them,
sunt minime tuto; nam frigus excitat dolores lateris, que alia
are not at all safe; for cold causes pains of the side, and other
vitia; frigida aqua strumas. Calor prohibet concoctionem,
disorders; cold water scrofula. Heat prevents digestion,
aufert somnum, digerit sudore, efficit corpus obnoxium
takes away sleep, wastes by sweat, renders the body liable
pestilentibus morbis.
to pestilential diseases.

CAP. X.
CHAP. X.

	Regimen	objectorum	Pestilentia.
	Regimen	for those exposed	to Pestilence.
Observatio	etiam est	necessaria,	quâ quis adhuc integer,
Precaution	also is	necessary,	which a person as yet free,
cum	tamen	possit	non esse securus, utatur in
when	nevertheless	he may	not be secure, should use during
pestilentia.	Tum	igitur	oportet peregrinari, navigare:
pestilence.	Then	therefore	it behooveth to travel abroad, to sail:

lius concoquitur, ubi frigus quidem est, sed cavetur. Aqua vero frigida infusa, præterquam capiti, etiam stomacho prodest; item articulis doloribusque, qui sunt sine ulceribus; item rubicundis nimis hominibus, si dolore vacent. Calor autem adjuvat omnia, quæ frigus infestat: item lippientes, si nec dolor, nec lacrimæ sunt; nervos quoque, qui contrahuntur; præcipueque ea ulcera, quæ ex frigore sunt: idem corporis colorem bonum facit: urinam movet. Si nimius est, corpus effeminat, nervos emollit, stomachum solvit.

Minime vero aut frigus aut calor tuta sunt, ubi subita insuetis sunt. Nam frigus, lateris dolores, aliaque vitia; frigida aqua, strumas excitat: calor concoctionem prohibet, somnum aufert, sudore digerit, obnoxium morbis pestilentibus corpus efficit.

CAP. X.—Regimen Pestilentia Objectorum.—Est etiam observatio necessaria, qua quis in pestilentia utatur adhuc integer, cum tamen securus esse non possit. Tum igitur oportet peregrinari, navigare: ubi id non licet, gestari, am-

ubi id non licet, gestari, ambulare leniter sub
 when that is not permitted, to be carried, to walk gently in
 divo ante æstum; que ungi eodem modo: et,
 the open air before the heat; and to be anointed in the same manner: and,
 ut comprehensum est supra, vitare fatigationem, cruditatem,
 as has been comprehended above, to avoid fatigue, indigestion,
 frigus, calorem, libidinem: que multo magis continere se,
 cold, heat, venery: and so much the more to restrain himself,
 si est qua gravitas in corpore. Tum neque surgendum est
 if there is any heaviness, in the body. Then neither ought he to rise
 mane, neque ambulandum nudis pedibus, que minime post
 in the morning, nor to walk with naked feet, and not at all after
 cibum aut balneum: neque est jejuno neque cœnato
 food or the bath: nor ought a fasting person nor one having dined
 vomendum: neque alvus movenda: atque etiam si est
 to vomit: nor is the belly to be moved: and even if it is
 mota per se, est comprimenda: est potius abstinendum,
 moved of itself, it is to be astringed: he must rather abstain,
 si corpus est plenius. Que item balneum (est) vitandum,
 if the body is too plethoric. And likewise the bath (is) to be avoided,
 sudor, meridianus somnus, utique si cibus quoque antecessit;
 sweating, mid-day sleep, especially if food also has preceded;
 qui tum tamen assumitur commodius semel die;
 which then however is taken more advantageously once in the day;
 insuper etiam modicus, ne moveat cruditatem. Alternis
 moreover also moderate, that it do not excite indigestion. On the alternate
 diebus invicem, modo aqua, modo vinum est bibendum.
 days by turns, sometimes water, sometimes wine is to be drank.

Quibus servatis, victus debet mutari quam
 Which things being observed, the mode of living ought to be altered as little
 minimum ex reliquâ consuetudine. Vero cum hæc sint
 as possible from his remaining habits. But as these things ought
 facienda in omni pestilentia, tum maxime in ea quam
 to be done in every (kind of) pestilence, so especially in that which
 austri etiam excitant. Atque eadem sunt necessaria
 the south winds also have excited. And the same things are necessary
 etiam peregrinantibus, ubi discesserunt ex suis sedibus
 even for those travelling, when they have set out from their own homes
 gravi tempore anni, vel ubi venerunt in graves
 at a sickly time of the year, or when they have come into unhealthy
 regiones. Ac si aliqua res prohibebit cetera, utique
 climates. And if any thing shall hinder the other things, most certainly

bulare sub divo, ante æstum leniter; eodem-
 que modo ungi: et, ut supra comprehensum
 est, vitare fatigationem, cruditatem, frigus,
 calorem, libidinem: multoque magis se con-
 tinere, si qua gravitas in corpore est. Tum
 neque mane surgendum, neque pedibus nudis
 ambulandum est, minimeque post cibum, aut
 balneum: neque jejuno, neque cœnato vomen-
 dum est: neque movenda alvus: atque etiam,
 si per se mota est, comprimenda est; absti-
 nendum potius, si plenius corpus est.
 Itemque vitandum balneum, sudor, meridi-

anus somnus, utique si cibus quoque ante-
 cessit; qui tamen semel die tum commodius
 assumitur; insuper etiam modicus, ne crudi-
 tatem moveat. Alternis diebus invicem, modo
 aqua, modo vinum bibendum est. Quibus ser-
 vatis, ex reliqua victus consuetudine quam
 minimum mutari debet. Cum vero hæc in
 omni pestilentia facienda sint, tum in ea max-
 ime, quam Austri excitant. Atque etiam
 peregrinantibus eadem necessaria sunt, ubi
 gravi tempore anni discesserunt ex suis sedi-
 bus, vel ubi in graves regiones venerunt. Ac

debebit abstinere: atque ita ei esse transitus ■
he will be bound to abstain: and so that he have changes from
vino ad aquam, ab hac ad vinum, eo modo qui
wine to water, from this to wine, in that manner which
positus est supra.
has been laid down above.

SECUNDUS LIBER.

SECOND BOOK.

Prognostica, Diætetica Materia.
Prognostics, Dietetic Matter.

Præfatio. Autem signa adversæ valetudinis instantis sunt
Preface. But the signs of bad health being at hand are
complura. In explicandis quibus non dubitabo uti auctoritate
very many. In explaining which I shall not hesitate to use the authority
antiquorum virorum, que maxime Hippocratis; cum recentiores
of ancient men, and especially of Hippocrates; since the more modern
medici, quamvis mutarint (pro mutaverint) quædam in
physicians, although they have altered some things in
curationibus, tamen fateantur illum præsigisse hæc
the treatments, nevertheless confess that he foretold (prognosticated) these things
optime. Sed antequam dico quibus præcedentibus
best. But before I speak (explain) from what things going before
subsistit timor morborum, non videtur alienum
there may be fear (apprehension) of diseases, it does not seem foreign
exponere quæ tempora anni, quæ genera tempestatum, quæ
to explain what times of the year, what kinds of weather, what
partes ætatis, qualia corpora sint
parts of age (periods of life), what bodies (what kinds of habit) are
maximè tuta vel opportuna periculis, quod genus adversæ valetudinis
most safe or liable to dangers, what kind of bad health (disorder)
possit timeri maximè in quoque (sc. viro). Non quod
may be feared most (be most apprehended) in each. Not that
homines omnis ætatis, omnis habitus, non et ægrotent et
men of every age, of every habit, may not both sicken and

si cetera res aliqua prohibebit, utique abstinere
debebit: atque ita a vino ad aquam, ab hac
ad vinum, eo, qui supra positus est, modo,
transitus ei esse.

LIBER SECUNDUS.—Prognostica, Materia Diætetica.

Præfatio.—INSTANTIS autem adversæ valetu-
dinis signa complura sunt. In quibus expli-
candis non dubitabo auctoritate antiquorum
virorum uti, maximeque Hippocratis; cum

recentiores medici, quamvis quædam in cura-
tionibus mutarint, tamen hæc illum optime
præsigisse fateantur. Sed antequam dico,
quibus præcedentibus morborum timor subsistit;
non alienum videtur exponere, quæ tempora
anni, quæ tempestatum genera, quæ partes
ætatis, qualia corpora maxime tuta vel periculis
opportuna sint, quod genus adversæ valetudinis
in quoque timeri maxime possit. Non quod
non omni tempore, in omni tempestatum
genere, omnis ætatis, omnis habitus homines,

morianantur omni tempore per omnia genera morborum, omni genere
die at every period by all kinds of diseases, in every kind
 tempestatum, sed tamen quod quædam (sc. genera morb.) fre-
of weather, but notwithstanding that certain ones more
 quentiùs eveniant. Que ideo sit utile unumquemque scire
frequently happen. And therefore it may be useful that every one should know
 quid et quando caveat maxime.
what and when he should avoid most.

CAP. I.

CHAP. I.

Qui Morbi proprii Tempestatum, Corporum.
 What Diseases are peculiar to Seasons, Constitutions.

Igitur ver est saluberrimum: deinde proxime ab hoc (sc. vere)
Therefore spring is most healthy: then next after it
 hiems: æstas periculosior: autumnus longe periculosissimus.
winter: summer (is) more dangerous: autumn by far the most dangerous.
 Vero ex tempestatibus, æquales (sc. tempestates) sunt optimæ, sive
But of seasons, the even ones (uniform) are best, whether
 frigida sive calida: quæ variant maxime pessimæ. Quo
cold or hot: (those) which change most the worst. Whence
 fit ut autumnus opprimat plurimos. Nam fere calor
it happens that the autumn destroys most. For commonly heat
 (est) meridianis temporibus; nocturnis, atque matutinis, quæ
is (prevails) at the mid-day times; in the night, and morning, and
 simul etiam vespertinis (temporibus), frigus est. Ergo corpus
moreover also in the evening times, cold prevails. Therefore the body
 relaxatum et æstate et subinde meridianis caloribus,
relaxed both by the summer and frequently by the meridian heats,
 excipitur subito frigore. Sed ut id maxime fit eo
is encountered by sudden cold. But although that mostly happens at that
 tempore, sic, quandocunque evenit, est noxium. Autem ubi
time, so, whenever it happens, it is pernicious. But when
 est æqualitas (sc. tempestatis) tamen sereni dies
there is equability (uniformity) (of weather) nevertheless the serene days
 sunt saluberrimi: pluvii (dies) meliores quam tantum nebulosi ve
are most healthy: rainy days (are) better than only foggy or

per omnia genera morborum et ægrotent et moriantur; sed quod frequentius tamen quædam eveniant; ideoque utile sit scire unumquemque, quid, et quando maxime caveat.

CAP. I.—Tempestatum, Corporum, qui Morbi proprii.—Igitur saluberrimum ver est: proxime deinde ab hoc, hiems: periculosior æstas: autumnus longe periculosissimus. Ex tempestatibus vero optimæ æquales sunt, sive frigida,

sive calida: pessimæ, quæ maxime variant. Quo fit, ut autumnus plurimos opprimat. Nam fere meridianis temporibus calor; nocturnis atque matutinis, simulque etiam vespertinis, frigus est. Corpus ergo, et æstate, et subinde meridianis caloribus relaxatum, subito frigore excipitur. Sed, ut eo tempore id maxime fit, sic, quandocunque evenit, noxium est. Ubi æqualitas autem est, tamen saluberrimi sunt sereni dies; meliores pluvii, quam tantum

nubilli (dies :) que hieme (dies) qui vacant omni vento
cloudy ones: and in winter (the days) which are free from all wind
 (sunt) optimi; æstate (dies) quibus favonii perflant, Si aliud
(are) best; in summer those on which the west winds blow. If (any) other
 genus ventorum est, septemtrionales sunt salubriores quam
kind of winds is (prevails), the north are more healthy than
 subsolani vel austri: tamen hæc sic, ut interdum muten-
the east or the south winds: however these (are) so, that sometimes they are
 tur sorte regionum. Nam fere ubique ventus veniens
changed by the chance of climates. For almost everywhere the wind coming
 a mediterraneis regionibus est salubris; (is ventus veniens) a
from the mediterranean regions is healthy; (that coming) from
 mari gravis. Neque solum est valetudo certior in bono
the sea unhealthy. And not only is health more certain in a favorable
 habitu tempestatum; sed quoque priores morbi, si qui
state of weather; but also former diseases, if any
 inciderunt, sunt leviores, et finiuntur promptius. Pessimum cælum
have happened, are lighter, and are terminated sooner. The worst air
 ægro est quod fecit ægrum; adeo ut in hoc statu
for the sick is (that) which made (him) sick; so that in this state
 quoque mutatio, in id genus (cæli) quod est naturâ pejor,
also a change, into that kind which is by nature worse,
 sit salubris. At media ætas est tutissima, quæ infestatur neque
may be healthy. But the middle age is safest, which is troubled neither
 calore juventæ neque frigore senectutis. Senectus patet
by the heat of youth nor by the cold of old age. Old age lies open
 magis longis morbis, adolescentia acutis. Autem
rather (is more subject) to chronic diseases, youth to acute. But
 habilissimum corpus est quadratum, neque gracile, neque obesum.
the soundest body is square, neither slender, nor fat.
 Nam longa statura, ut est decora juventi, sic conficitur
For tall stature, as it is becoming in youth, so it is worn out
 maturâ senectute: gracile corpus est infirmum, obesum hebes.
in mature old age: the slender body is weak, the fat sluggish.
 Tamen, quæcunque novantur motu humoris consuerunt
However, whatever are altered by the motion of humour have been accustomed
 esse maxime in metu vere. Ergo tum lippitudines,
to be most in fear (danger) in spring. Therefore then blear-eyedness,
 pustulæ, profusio sanguinis, abscessus corporis, quæ Græci
pustules, flowing forth of blood, abscesses of the body, which the Greeks
 nominant. ἀποστήματα, atra bilis, quam appellant
name apostemata, black bile (atra-bile), which they call

nebulosi, nubilive: optimique hieme, qui omni vento vacat; æstate, quibus Favonii perflant. Si genus aliud ventorum est, salubriores Septemtrionales, quam Subsolani, vel Austri sunt: sic tamen hæc, ut interdum regionum sorte mutantur. Nam fere ventus ubique a mediterraneis regionibus veniens, salubris; a mari, gravis est. Neque solum in bono tempestatum habitu certior valetudo est; sed priores morbi quoque, si qui inciderunt, leviores sunt, et promptius finiuntur. Pessimum ægro cælum est, quod ægrum fecit; adeo ut in id quoque

genus, quod natura pejor est, in hoc statu salubris mutatio sit.

At ætas media tutissima est, quæ neque juventæ calore, neque senectutis frigore infestatur. Longis morbis senectus, acutis adolescentia magis patet. Corpus autem habilissimum quadratum est, neque gracile, neque obesum. Nam longa statura, ut in juvenia decora est, sic matura senectute conficitur: gracile corpus infirmum, obesum hebes est.

Vere tamen maxime, quæcunque humoris motu novantur, in metu esse consuerunt. Ergo

μελαγχολίαν insania, comitialis morbus, angina,
 melancholian (melancholy) madness, the comitial disease (epilepsy), angina,
 gravedines, destillationes, solent oriri. Il morbi
 stuffings in the head, catarrhs, are accustomed to arise. Those diseases
 quoque, qui modo urgent in articulis que nervis, modo
 also, which sometimes oppress in the joints and sinews, sometimes
 quiescunt; cum (tum?) maxime et inchoantur et repetunt. At
 subside; as well for the most part both are begun and return again. But
 æstas quidem non vacat plerisque his morbis; sed
 the summer even is not free from most of these diseases; but
 adjicit febres vel "continuas vel ardentes, vel tertianas, vomitus,
 adds to (them) fevers either continual or ardent (burning), or tertians, vomitings,
 dejectiones alvi, dolores auricularum, ulcera oris, cancri,
 dejections of the belly, pains of the ears, ulcers of the mouth, cancers,
 et quidem in ceteris partibus, sed maxime obscœnis (sc. partibus);
 both indeed in the other parts, but especially in the genitals;
 et quidquid resolvit hominem sudore. Vix quidquam ex his
 and whatever enfeebles a man by sweat. Scarcely any one of these
 non incidit in autumnum: sed eo tempore
 does not happen in (but is incidental to) autumn: but at that time
 quoque incertæ febres, dolor lienis, aqua inter
 also uncertain (irregular) fevers, pain of the spleen, water within
 cutem, tabes, quam Græci nominant Φθίσιον, difficultas
 the skin, consumption, which the Greeks name Phthision (phthisis), pain and scarcity
 urinæ, quam appellant στραγγουρίαν, morbus tenuioris
 of the urine, which they call strangourian (strangury), disease of the smaller
 intestini, quem nominant εἰλεόν, oriuntur; lævitas item in-
 intestine, which they name eileon (Ileos), arise; slipperiness (flux) also of the
 testinorum, quæ vocatur λειεντερία, dolores coxæ,
 intestines, which is called leienteria (lientery), pains of the hip,
 morbi comitiales. Que idem tempus interimit et fatigatos
 epilepsies. And the same time carries off both those worn out (exhausted)
 diutinis malis, et tantum pressos ab proximâ æstate;
 by long continued diseases, and those only oppressed by the last (part) summer;
 et conficit alios novis morbis; et implicat quosdam longis-
 and destroys others by new diseases; and affects some with the most
 simis, que maximè quartanis, quæ exerçant quoque per
 tedious, and especially quartans, which harass also throughout
 hiemem. Neque aliud tempus patet magis pestilentie,
 the winter. Nor does any other time lie open more to pestilence,
 cujuscumque generis ea est; quamvis nocet variis rationibus. Autem
 of whatever kind it is; although it hurts in various ways. But

tum lipitindines, pustulæ, profusio sanguinis, abscessus corporis quæ ἀποστήματα Græci nominant, bilis atra, quam μελαγχολίαν appellant, insania, morbus comitialis, angina, gravedines, destillationes oriri solent. Il quoque morbi, qui in articulis nervisque modo urgent, modo quiescunt, cum maxime et inchoantur et repetunt. At æstas non quidem vacat plerisque his morbis; sed adjicit febres, vel continuas, vel ardentes, vel tertianas, vomitus, alvi dejectiones, auricularum dolores, ulcera oris, cancri, et in ceteris quidem partibus, sed maxime obscœnis; et quidquid sudore hominem resolvit.

Vix quidquam ex his in autumnum non incidit: sed oriuntur quoque eo tempore febres incertæ, lienis dolor, aqua inter cutem, tabes, quam Græci φθίσιν nominant; urinæ difficultas, quam στραγγουρίαν appellant; tenuioris intestini morbus, quem εἰλεόν nominant; lævitas intestinorum, quæ λειεντερία vocatur; coxæ dolores, morbi comitiales. Idemque tempus et diutinis malis fatigatos, et ab æstate tantum proxima pressos interimit; et alios novis morbis conficit; et quosdam longissimis implicat, maximeque quartanis, quæ per hiemem quoque exerçant. Neque aliud magis tempus pesti-

hiems irritat dolores capitis, tussim, et quidquid mali
the winter provokes pains of the head, cough, and whatsoever (of) disorder
 contrahitur in faucibus, in lateribus, in visceribus.
is contracted in the fauces, in the sides, in the viscera.
 Ex tempestatibus aquilo movet tussim, exasperat fauces,
Of winds the north wind excites cough, irritates the fauces,
 adstringit ventrem, suppressit urinam, excitat horrores,
(tracheal passages,) binds the belly, suppresses the urine, excites shiverings,
 item dolorem lateris et pectoris: tamen, spissat
likewise pain of the side and of the breast: notwithstanding, it strengthens
 sanum corpus, et reddit mobilius atque expeditius. Auster
a healthy body, and renders it more mobile and active. The south wind
 hebetat aures, tardat sensus, movet dolorem capitis, solvit
blunts the ears, retards sensations, excites pain of the head, relaxes
 alvum, efficit totum corpus hebes, humidum, languidum.
the belly, renders the whole body heavy, moist, languid.
 Ceteri venti, quo propiores sunt hunc vel illi, eo
The other winds, the nearer they are to the latter or the former, the
 magis faciunt affectus vicinos his ve illis. Denique,
more they cause affections analogous to the latter or to the former. Lastly,
 omnis calor inflammat et jecur et lienem, hebetat
all (every kind of) heat inflames both the liver and the spleen, enervates
 mentem, efficit ut anima deficiat, ut sanguis prorumpat.
the mind, causes that life fails (fainting), that blood breaks forth.
 Frigus infert modo distentionem, modo rigorem nervorum,
Cold brings on sometimes distention, sometimes stiffness of the sinews
 illud nominatur Græce σπασμος, hoc τετανος,
(tendons), the former is named in Greek spasmus (spasm), the latter tetanus
 excitat nigritiem in ulceribus, horrores in febris. In
(tetanus), it excites blackness in ulcers, shiverings in fevers. In
 siccitatibus acutæ febres, lippitudines, tormina, difficultas urinæ, dolores
droughts acute fevers, lippitudes, gripes, difficulty of urine, pains
 articuloꝝ oriuntur. Per imbres longæ febres, dejectiones alvi,
of the joints arise. During rains slow fevers, dejections of the belly,
 angina, cancri, morbi comitiales, resolutio nervorum, Græci
quinsy, gangrenes, epilepsies, relaxation of the sinews, the Greeks
 nominant παράλυσιν, (oriuntur). Neque solum interest quales
name it paralyisin (palsy). Nor does it only matter what kind (of)
 dies sint, sed quales præcesserint ante. Si sicca hiems
the days are, but what kind have preceded previously. If a dry winter
 habuit septemtrionales ventos, autem ver exhibit austros et
has had northerly blasts, but spring exhibits southerly and

lentim patet, cujuscunque ea generis est; quamvis variis rationibus nocet. Hiems autem capitis dolores, tussim, et quidquid in faucibus, in lateribus, in visceribus mali contrahitur, irritat. Ex tempestatibus, Aquilo tussim movet, fauces exasperat, ventrem adstringit, urinam suppressit, horrores excitat, item dolores lateris et pectoris: sanum tamen corpus apesat, et mobilius atque expeditius reddit. Auster aures hebetat, sensus tardat, capitis dolorem movet, alvum solvit, totum corpus efficit hebes, humidum, languidum. Ceteri venti, quo vel huic vel illi propiores sunt, eo

magis vicinos his illius affectus faciunt. Denique omnis calor et jecur et lienem inflammat, mentem hebetat, ut anima deficiat, ut sanguis prorumpat, efficit. Frigus modo nervorum distentionem, modo rigorem infert; illud σπασμός, hoc τετανός Græce nominatur: nigritiem in ulceribus, horrores in febris excitat. In siccitatibus, acutæ febres, lippitudines, tormina, urinæ difficultas, articuloꝝ dolores oriuntur. Per imbres, longæ febres, alvi dejectiones, angina, cancri, morbi comitiales, resolutio nervorum; παράλυσιν Græci nominant. Neque solum interest, quales dies

pluvias, lippitudines, tormina, febres, fere subeunt, que maximè
 rains, lippitudes, gripes, fevers, commonly succeed, and mostly
 in mollioribus corporibus, præcipuè in muliebris. Vero si austri
 in laxer bodies, especially in women. But if south winds
 que pluviae occupant, hiemem, autem ver
 and rains have occupied (prevailed through) the winter, but the spring
 est frigidum et aridum, gravidæ feminæ quidem, quibus partus
 is cold and dry, gravid women indeed, to whom labour
 tum adest, periclitantur abortu: vero eæ quæ gignunt,
 then is at hand (is near), are in danger of abortion: but they who bring forth,
 edunt imbecillos que vix vitales: arida lippitudo habet
 produce weak and scarcely living (offsprings): dry lippitude affects
 male ceteros, et si sunt seniores, gravedines atque
 badly others, and if they are older, stuffings in the head and
 destillationes (male habent). At si austri continuarunt a primâ
 catarrhs. But if south winds have continued from the be-

hieme ad ultimum ver, dolores laterum, et insania
 ginning of winter to the end of spring, pains of the sides, and madness

febricitantium, quam appellant φρενησιν, rapiunt quam
 of feverish persons, which they call phrenesin, hurry (them) off very
 celerrimè. Vero ubi calor orsus à primo vere
 rapidly. But when the heat having began from the beginning of spring
 exhibet similem æstatem,
 presents a similar summer (the heat prevails from the beginning of spring throughout

est necesse multum sudorem in febribus subsequi.
 the summer), it is necessary that much sweating in fevers should follow.

At si sicca æstas habuit aquilones, vero sunt imbres que
 But if a dry summer has had north winds, but there are rains and

austri autumno, totâ hieme, quæ est proxima,
 south winds in the autumn, through the whole winter, which is next (succeeds),

tussis, destillatio, raucitas, in quibusdam etiam tabes oritur.
 cough, catarrh, hoarseness, in some even consumption arises.

Autem sin æque siccus autumnus quoque perfiatur
 But if an equally dry autumn also is blown through (is fanned)

iisdem aquilonibus, secunda valetudo contingit omnibus, quidem
 by the same north winds, good health befalls all, even

mollioribus corporibus, inter quæ proposui muliebria (sc. corpora)
 the more lax fibred bodies, among which I have asserted that the female ones

esse, vero aridæ lippitudines et febres, partim acutæ partim
 are (rank), but dry lippitudes and fevers, in part acute in part

longæ, et ii morbi qui nascuntur ex atrabile, possunt
 slow, and those diseases which arise from atrabile, may

sint, sed etiam quales ante præcesserint. Si hiems sicca septentrionales ventos habuit, ver autem Austros et pluvias exhibet, fere subeant lippitudines, tormina, febres, maximeque in mollioribus corporibus, ideoque præcipue in muliebris. Si vero Austri pluvieque hiemem occuparunt, ver autem frigidum et siccum adest, gravidæ quidem feminæ, quibus tum adest partus, abortu periclitantur; eæ vero quæ gignunt, imbecillos, vixque vitales edunt: ceteros lippitudo arida, et, si seniores sunt, gravedines atque destillationes male habent. At si a prima hieme Austri ad ultimum ver continua-

runt, laterum dolores, et insania febricitantium, quam φρενησιν appellant, quam celerrime rapiunt. Ubi vero calor a primo vere orsus æstatem quoque similem exhibet, necesse est multum sudorem in febribus subsequi. At si sicca æstas Aquilones habuit, autumno vero imbres Austrique sunt, tota hieme, quæ proxima est, tussis, destillatio, raucitas, in quibusdam etiam tabes oritur. Sin autem autumnus quoque æque siccus iisdem Aquilonibus perfiatur, omnibus quidem mollioribus corporibus, inter quæ muliebria esse proposui, secunda valetudo contingit: durioribus vero instare

instare durioribus (sc. corporibus). Vero quod pertinet
press upon (threaten) the stronger. But what relates

ad ætates, pueri que proximi his,
to ages, children and the nearest to these (those approaching puberty),

optime valent vere et sunt tutissimi primâ
are most healthy in spring and are safest in the beginning

æstate: senes æstate et primâ parte autumnî,
of summer: old men in summer and the first part of autumn,

juvenes que qui sunt inter juventam que
young men and they who are between youth and

senectutem, hieme. Hiems est inimicior senibus, æstas
old age, in the winter. Winter is more adverse to old persons, summer

adolescentibus. Tum si qua imbecillitas oritur, est proximum
to young persons. Then if any weakness arises, it is probable

ut serpentina ulcera oris, quæ Græci nominant
that creeping (spreading) ulcers of the mouth, which the Greeks name

ἄφθας, vomitus, nocturnæ vigiliæ, humor aurium,
aphthas (aphthæ), vomitings, nightly watchings, running of the ears,

inflammationes circa umbilicum, exerceant infantes que pueros
inflammations about the navel, may trouble infants and children

adhuc teneros. Etiam propriæ exulcerationes dentientium;
yet tender (delicate). Likewise peculiar ulcerations of those teething,

gingivarum, distentiones nervorum, febriculæ, dejectiones alvi;
of the gums, convulsions, little fevers, dejections of the belly;

que maxime caninis dentibus orientibus, habent male-
and especially the canine teeth rising (cutting), affect badly.

Quæ sunt pericula cuiuscunque plenissimi, et cui est
Which are the dangers of every very full (habit), and which has

(pro habet) venter adstrictus. At ubi ætas processit paulum,
the belly bound. But when age has advanced a little,

glandulæ et aliquæ inclinationes vertebrarum quæ sunt
kernels in the flesh and some contortions of the vertebræ which are

in spinâ, strumæ, quædam dolentia genera verrucarum, Græci
in the spine, scrofulous swellings, certain painful kinds of warts, the Greeks

appellant ἀκροχορδόνας, et plura alia tubercula oriuntur.
call (them) akrochordonas, and several other tubercles arise.

Vero pube jam incipiente, multa ex iisdem et longæ
But puberty even now beginning, many of the same (affections) and slow

febres, cursus sanguinis ex naribus (oriuntur). Que omnis
fevers, fluxes of blood from the nostrils. And all

pueritia primum circa quadragesimum diem, deinde
childhood (children) first about the fortieth day, after that

posant et aridæ lipplitudines, et febres partim acutæ, partim longæ, et ii morbi, qui ex atra bile nascuntur. Quod ad ætates vero pertinet, pueri proximique his vere optime valent, et æstate prima tutissimi sunt: senes æstate et autumnî prima parte. juvenes hieme, quique inter juventam senectutemque sunt. Inimicior senibus hiems, æstas adolescentibus est. Tum si qua imbecillitas oritur, proximum est, ut infantes, tenerosque adhuc pueros serpentina ulcera oris, quæ ἄφθας Græci nominant, vomitus, nocturnæ vigiliæ, aurium humor, circa umbilicum in-

flammationes exerceant. Propriæ etiam dentientium, gingivarum exulcerationes, distentiones nervorum, febriculæ, alvi dejectiones; maximeque caninis dentibus orientibus male habent. Quæ pericula plenissimi cuiusque sunt, et cui maxime venter adstrictus est. At ubi ætas paulum processit, glandulæ, et vertebrarum, quæ in spina sunt, aliquæ inclinationes, strumæ, verrucarum quædam genera dolentia, ἀκροχορδόνας Græci appellant, et plura alia tubercula oriuntur. Incipiente vero jam pube, ex iisdem multa, et longæ febres, et sanguinis ex naribus cursus. Maximeque omnis

septimo mense, tum septimo anno, postea circa pubertatem
in the seventh month, then in the seventh year, afterwards about puberty
 periclitatur maxime. Si etiam qua genera morborum inciderunt
is in danger most. If moreover any kinds of diseases have fallen
 in infantem, ac finita sunt neque pubertate,
upon (have attacked) an infant, and have been terminated neither at puberty,
 neque primis coitibus, neque in femina primis menstruis,
nor in the first coitions, nor in a woman at her first menstruations,
 sunt fere longa: tamen, pueriles morbi qui
they are commonly long: however, puerile diseases (of youth) which
 manserunt diutius, sæpius terminantur. Adolescentia est
have continued very long, more frequently are terminated. Youth is
 maximè objecta acutis morbis, item comitialibus, que
most liable to acute diseases, also to epilepsies, and
 tabi: que fere sunt juvenes qui expuunt
to consumption: and commonly (they) are youths who spit up
 sanguinem. Post hanc ætatem dolores laterum et pulmonis,
blood. After this age pains of the sides and of the lungs,
 lethargus, cholera, insania, profusio sanguinis velut per quædam
lethargy, cholera, insanity, a pouring out of blood as if by some
 ora venarum, Græci appellant αιμορροϊδας. In
mouths of the veins, the Greeks call (them) haimorrhoidas (hæmorrhoids). In
 senectute difficultas spiritûs et urinæ, gravedo,
old age difficulty of the breathing and of urine, stuffing of the head,
 dolores articularum et renum, resolutiones nervorum, malus
pains of the joints and of the kidneys, palsies, a bad
 habitus corporis, Græci appellant καχεξίαν, nocturnæ vigiliæ,
habit of body, the Greeks call (it) kachezian, night watchings,
 longiora vitia aurium, oculorum, etiam narium, que
chronic disorders of the ears, of the eyes, also of the nostrils, and
 præcipuè soluta alvus, et quæ sequuntur hanc, tormina, vel
especially a relaxed belly, and what follow it, gripes, or
 lævitas intestinorum, que cetera mala fusi ventris.
a lubricity of the intestines, and the other disorders of a relaxed belly.
 Præter hæc, tabes, dejectiones, destillationes, item dolores
Besides these, consumption, purgings, catarrhs, likewise pains
 viscerum et laterum, fatigant graciles. Obesi
of the viscera and sides, weary slender (persons). Fat (persons)
 strangulantur acutis morbis et difficultate spirandi; que sæpe
are strangled by acute diseases and by difficulty of breathing; and often
 moriuntur subito; quod (sc. subito mori) vix evenit in
they die suddenly; which scarcely (ever) happens in
 tenuiore corpore.
a thinner body.

pueritia, primum circa quadragesimum diem,
 deinde septimo mense, tum septimo anno,
 postea circa pubertatem periclitatur. Si qua
 etiam genera morborum in infantem incide-
 runt, ac neque pubertate, neque primis coiti-
 bus, neque in femina primis menstruis finita
 sunt, fere longa sunt: sæpius tamen morbi
 pueriles, qui diutius manserunt, terminantur.
 Adolescentia morbis acutis, item comitialibus,
 tabique maxime objecta est: fereque juvenes
 sunt, qui sanguinem expuunt. Post hanc
 ætatem laterum et pulmonis dolores, lethargus,
 cholera, insania, sanguinis per quædam velut
 cra venarum, αιμορροϊδας Græci appellant, pro-

fusio. In senectute, spiritus et urinæ difficul-
 tas, gravedo, articularum et renum dolores,
 nervorum resolutiones, malus corporis habitus,
 καχεξίαν Græci appellant, nocturnæ vigiliæ, vi-
 tia longiora aurium, oculorum, etiam narium,
 præcipueque soluta alvus, et, quæ sequuntur
 hanc, tormina, vel lævitas intestinorum, cete-
 raque ventris fusi mala. Præter hæc graciles
 tabes, dejectiones, destillationes, item viscerum
 et laterum dolores fatigant. Obesi plerumque
 acutis morbis, et difficultate spirandi strangul-
 antur; subitoque sæpe moriuntur; quod in
 corpore tenuiore vix evenit.

CAP. II.
CHAP. II.

Signa Morbi futuri.
Signs of Disease about to occur.

Autem ante adversam valetudinem, ut dixi supra, quædam
But before bad health, as I have said above, certain
notæ oriuntur: omnium quarum est commune corpus
signs arise: of all of which it is the common (occurrence) that the body
habere se aliter atque consuevit; neque tantum in pejus,
has itself differently than it was accustomed; and not only for the worse,
sed etiam in melius. Ergo si aliquis factus est plenior, et
but also even for the better. Therefore if any one has become fuller, and
speciosior, et coloratior, debet habere suspecta sua
more comely, and better coloured, he ought to have suspected (to suspect) his
bona: quæ, quia possunt neque subsistere in eodem habitu,
advantages: which, because they can neither remain in the same condition,
neque progredi ultra, revolvuntur retro fere,
nor advance beyond (it), they are rolled (thrown) back for the most part,
quasi quædam ruinâ. Tamen est pejus signum ubi aliquis
as if with some danger. However it is a worse sign when a person
emacuit, contra consuetudinem, et amisit colorem que
has become thin, contrary to his custom, and has lost his colour and
decorem: quoniam in iis quæ superant est quod morbus
comeliness: because in those which remain there is what the disease
demat; in iis quæ desunt est non quod ferat
may take away; in those which are wanting there is not what may endure
morbum ipsum. Præter hæc debet timeri protinus, si membra
the disease itself. Moreover it ought to be feared immediately, if the limbs
sunt graviora; si crebra ulcera oriuntur; si corpus incaluit
are more heavy; if frequent ulcers arise; if the body has become hot
supra consuetudinem; si gravior somnus pressit; si fue-
above custom (what is usual); if heavier sleep has oppressed; if there have
runt tumultuosa somnia; si aliquis expergiscitur sæpius quam assuevit,
been tumultuous dreams; if any one awakes oftener than he has been
accustomed, deinde iterum soporatur: si corpus dormientis
then again is in a deep sleep: if the body of one sleeping
insudat contra consuetudinem circa aliquas partes, que maxime si
sweats unusually about (in) some parts, and especially if

CAP. II.—*Futuri Morbi Signa.*—Ante adversam autem valetudinem, ut supra dixi, quædam notæ oriuntur: quarum omnium commune est, aliter se corpus habere, atque consuevit; neque in pejus tantum, sed etiam in melius. Ergo si plenior aliquis, et speciosior, et coloratior factus est, suspecta habere bona sua debet: quæ, quia neque in eodem habitu subsistere, neque ultra progredi possunt, fere retro, quasi ruina quadam, revolvuntur. Pejus tamen signum est, ubi aliquis contra consuetudinem

emacuit, et colorem decoremque amisit: quoniam in iis quæ superant, est quod morbus demat; in iis quæ desunt, non est quod ipsum morbum ferat. Præter hæc protinus timeri debet, si graviora membra sunt; si crebra ulcera oriuntur; si corpus supra consuetudinem incaluit; si gravior somnus pressit; si tumultuosa somnia fuerunt; si sæpius expergiscitur aliquis, quam assuevit, deinde iterum soporatur: si corpus dormientis circa partes aliquas contra consuetudinem insudat, maximeque si circa

circa pectus, aut cervices, aut crura, vel genua, vel coxas.
about the breast, or the shoulders, or the legs, or the knees, or the hips

Item, si animus marcet; si piget loqui et moveri;
In like manner, if the mind flags; if it irketh to speak and to be moved;
 si corpus torpet; si est dolor præcordiorum, aut totiûs
if the body becomes torpid; if there is pain of the præcordia, or of the whole
 pectoris, aut, qui evenit in plurimis, capitis; si os
breast, or, which happens in very many, of the head; if the mouth
 est plenum salivæ; si oculi vertuntur cum dolore; si
is full of saliva; if the eyes are turned (moved) with pain; if
 tempora sunt adstricta; si membra inhorrescunt; si spiritus est
the temples are tight; if the limbs shiver; if the breathing is
 gravior; si venæ circa frontem intensæ
more heavy (oppressed); if the veins about the forehead intense (are intensely)
 moventur; si oscitationes frequentes; si genua sunt quasi
are excited; if yawnings (are) frequent; if the knees are as it were
 fatigata, ve totum corpus sentit lassitudinem. Ex quibus plura
fatigued, or the whole body feels lassitude. Of which many
 sæpe, aliqua non nunquam antecedunt febrem. Tamen in
often, some not never (some always) precede fever. Nevertheless in
 primis illud considerandum est, num aliquid horum sæpius
the first place this ought to be considered, whether any of these frequently
 eveniat cui, neque, ideo, ulla difficultas corporis
happens to any one, nor, in consequence, does any disease of the body
 subsequatur. Enim sunt quædam proprietates hominum,
follow. For there are certain peculiarities (idiosyncrasies) of men,
 sine notitiâ quarum non quidquam in futurum potest
without a knowledge of which not any thing (nothing) about to happen can
 facile præsagiri. Itaque aliquis est facile securus in iis, quæ
easily be prognosticated. Therefore any one is easily safe in those, which
 sæpe evasit sine periculo: ille debet sollicitari, cui
he often has escaped without danger: he ought to be disquieted, to whom
 hæc sunt nova; aut qui nunquam habuit tuta ista
these things are new; or who never has had safe (safely) those thing
 sine custodiâ sui.
without safeguard (a careful attention) of himself.

pectus, aut cervices, aut crura, vel genua, vel coxas. Item si marcet animus; si loqui et moveri piget; si corpus torpet; si dolor præcordiorum est, aut totiûs pectoris, aut, qui in plurimis evenit, capitis; si saliva plenum est os; si oculi cum dolore vertuntur; si tempora adstricta sunt; si membra inhorrescunt; si spiritus gravior est; si circa frontem intentæ venæ moventur; si frequentes oscitationes; si genua quasi fatigata sunt, totumve corpus lassitudinem sentit. Ex quibus sæpe plura,

nunquam non aliqua febrem antecedunt. In primis tamen illud considerandum est; num cui sæpius horum aliquid eveniat, neque ideo corporis ulla difficultas subsequatur. Sunt enim quædam proprietates hominum, sine quarum notitiâ non facile quidquam in futurum præsagiri potest. Facile itaque securus est in iis aliquis, quæ sæpe sine periculo evasit: ille sollicitari debet, cui hæc nova sunt; aut qui ista nunquam sine custodia sui tuta habuit.

CAP. III.

CHAP. III.

Fausta Signa Ægrotantium.
The good Symptoms (of) in the Sick.

Vero ubi febris occupavit aliquem, licet (nobis) scire non
But when fever has seized any one, we may know that he is not
periclitari, si cubat in aut dextrum aut sinistrum latus, ut
in danger, if he lie upon either the right or left side, as
visum est ipsi, cruribus reductis paulum; qui
may have seemed (agreeable) to himself, the legs drawn backwards a little; which
est quoque fere habitus sani jacentis; si convertitur
is also commonly the habit of a healthy (person) lying down; if he turns
facile; si dormit noctu, vigilat interdiu; si spirat
easily; if he sleeps by night, lie awake during the day; if he breathe
ex facili; si non conflictatur; si cutis circa umbilicum et
easily; if he does not struggle; if the skin about the navel and
pubem est plena; si præcordia ejus sunt mollia æqualiter in
pubes is full; if the præcordia of him are soft alike on
utrâque parte, sine ullo sensu doloris. Quod si sunt paulo
either side, without any sense of pain. But if they are a little
tumidiora, sed tamen cedunt digitis, et non dolent,
more swollen, but notwithstanding yield to the fingers, and are not painful,
hæc valetudo, ut habebit aliquod spatium, sic erit tuta.
this disease, as it will have some continuance, so it will be safe.
Corpus quoque, quod est æqualiter molle et calidum, que quod
The body also, which is equally soft and warm, and which
insudat æqualiter totum, et febricula cujus finitur eo
sweats equally all over, and the fever of which is terminated by that
sudore, pollicetur securitatem. Sternutamentum etiam est inter
sweating, promises security. Sneezing also is amongst
bona indicia, et cupiditas cibi, vel servata a
the favourable symptoms, also a desire for food, either preserved from
primo, vel orta etiam post fastidium. Neque debet ea
the first, or that has arisen even after loathing. Nor ought that
febris quæ est finita eodem die terrere; ac ne
fever which is terminated on the same (in one) day to alarm; and not

CAP. III.—*Fausta Ægrotantium Signa.*—UBI vero febris aliquem occupavit, scire licet, non periclitari, si in latus aut dextrum aut sinistrum, ut ipsi visum est, cubat, cruribus paulum reductis; qui fere sani quoque jacentis habitus est; si facile convertitur; si noctu dormit, interdiu vigilat; si ex facili spirat; si non conflictatur; si circa umbilicum et pubem cutis plena est; si præcordia ejus sine ullo sensu doloris æqualiter mollia in utraque parte sunt.

Quod si paulo tumidiora sunt, sed tamen digitis cedunt et non dolent, hæc valetudo, ut spatium aliquod habebit, sic tuta erit. Corpus quoque, quod æqualiter molle et calidum est, quodque æqualiter totum insudat, et cujus febricula eo sudore finitur, securitatem pollicetur. Sternutamentum etiam inter bona indicia est, et cupiditas cibi vel a primo servata, vel etiam post fastidium orta. Neque terrere debet ea febris, quæ eodem die finita est; ac ne ea

quidem ea, quæ quamvis evanuit longiore tempore,
 even that, which although it has disappeared (after) a longer period,
 tamen quievit ex toto ante alteram accessionem, sic ut corpus
 however has subsided entirely before another accession, so that the body
 fieret integrum, quod Græci vocant εἰλικρινές (eilikrines). Si quis
 became sound, which the Greeks call free. If any
 vomitus incidit, debet esse mixtus et bile et pituitâ; et
 vomiting happens, it ought to be mixed both with bile and phlegm; and
 album, læve, et æquale (debet), subsidere in urinâ; sic ut
 something white, light, and equal, to subside in the urine; so that
 etiam, si quæ quasi nubeculæ innatarint deferan-
 even, if any as it were little clouds should swim in (it), they may be carried
 tur in imum. Ac venter reddit, ei qui est tutus a
 down to the bottom. And the belly voids, for him who is safe from
 periculo, mollia et figurata (sc. excrementa,) atque fere eodem
 danger, soft and figured (formed) excrements, and almost at the same
 tempore, quo assuevit secundâ valetudine, convenientia modo
 time, in which he was used in good health, agreeing in quantity
 iis quæ assumuntur. Cita alvus est pejor: sed quidem
 to those things which are taken. A quick belly is worse: but even
 hæc debet ne terrere protinus si est magis coacta
 this ought not to alarm immediately if it is more hardened
 matutinis temporibus, aut si contrahitur paulatim tempore
 at the morning times, or if it is astringed gradually time
 procedente, et est rufa, neque excedit fœditate odoris similem
 advancing, and is yellowish, nor exceeds in offensiveness of smell a similar
 alvum sani hominis. Ac aliquos lumbricos quoque
 evacuation of a healthy person. And that some worms also
 descendisse sub fine morbi, nocet
 should have descended (been voided) towards the end of the disease, hurts
 nihil. Si inflatio fecit dolorem que tumorem in superioribus
 in no way. If flatulence has caused pain and swelling in the upper
 partibus, sonus evolutus inde ad inferiores partes est bonum
 parts, the sound evolved thence to the inferior parts is a good
 signum; que etiam magis si excessit cum stercore sine
 symptom; and still more if it has gone out with the feces without
 difficultate.
 difficulty.

quidem, quæ quamvis longiore tempore evanuit, tamen ante alteram accessionem ex toto quievit, sic ut corpus integrum, quod αἰλικρινές, Græci vocant, fieret. Si quis autem incidit vomitus, mixtus esse et bile et pituita debet; et in urina subsidere album, læve, æquale; sic ut etiam, si quæ quasi nubeculæ innatarint, in imum deferantur. Ac venter ei, qui a periculo tutus est, reddit mollia, figurata, atque eodem fere tempore, quo secunda valetudine assuevit, modo convenientia iis, quæ assumuntur. Pejor

cita alvus est: sed ne hæc quidem terrere protinus debet, si matutinis temporibus coacta magis est, aut si procedente tempore paulatim contrahitur, et rufa est, neque fœditate odoris similem alvum sani hominis excedit. Ac lumbricos quoque aliquos sub fine morbi descendisse, nihil nocet. Si inflatio in superioribus partibus dolorem tumoremque fecit, bonum signum est sonus ventris inde ad inferiores partes evolutus; magisque etiam, si sine difficultate cum stercore excessit.

CAP. IV.
CHAP. IV.

Mala *Signa* *Ægrotantium.*
Bad *Symptoms* *(of) in the Sick.*

Contra, <i>On the other hand,</i>	est <i>there is</i>	periculum <i>danger</i>	gravis <i>of severe</i>	morbi, <i>disease,</i>	ubi <i>when</i>	æger <i>the sick</i>	jacet <i>lies</i>
supinus, <i>supine,</i>	(cum) <i>(with)</i>	manibus <i>the hands</i>	et <i>and</i>	cruribus <i>the legs</i>	porrectis; <i>stretched out (extended) ;</i>		
ubi <i>when</i>	vult <i>he wishes</i>	residere <i>to sit up</i>	in <i>in</i>	impetu <i>the impetus</i>	ipso <i>itself</i>	(the very height) <i>of an acute</i>	acuti <i>acute</i>
morbi, <i>disease,</i>	que <i>and</i>	præcipue <i>especially (when)</i>		pulmonibus <i>the lungs</i>	laborantibus; <i>(are) suffering;</i>	ubi <i>when</i>	
premitur <i>he is teased</i>	nocturnâ <i>with night</i>	vigiliâ, <i>watching,</i>	etiamsi <i>although</i>	somnus <i>sleep</i>	accedit <i>comes on</i>	interdiu: <i>during the day :</i>	
ex <i>of</i>	quo <i>which</i>	tamen, <i>however,</i>	qui <i>that which</i>	est <i>is</i>	inter <i>between</i>	quartam <i>the fourth</i>	horam <i>hour</i>
et <i>is</i>	pejor <i>worse</i>	quam <i>than</i>	qui <i>that which</i>	(est) <i>(is)</i>	matutino <i>from the morning</i>	tempore <i>time</i>	ad <i>to</i>
quartam. <i>the fourth hour.</i>	Tamen <i>However</i>	est <i>is</i>	pessimum, <i>worst,</i>	si <i>if</i>	somnus <i>sleep</i>	accedit <i>comes on</i>	neque <i>neither</i>
noctu <i>by night</i>	neque <i>nor</i>	interdiu: <i>by day :</i>	enim <i>for</i>	id <i>that</i>	potest <i>can</i>	non <i>not</i>	esse <i>be</i>
fere <i>almost</i>	continuo <i>continual</i>	dolore. <i>pain.</i>	Vero <i>But</i>	est <i>it is</i>	æque <i>equally</i>	malum <i>a bad</i>	signum, <i>sign,</i>
urgeri <i>to be oppressed</i>	etiam <i>even</i>	somno <i>by sleep</i>	ultra <i>beyond</i>	debitum; <i>what is proper ;</i>	que <i>and</i>	pejûs <i>the worse</i>	quo <i>the</i>
magis <i>more</i>	sopor <i>the drowsiness</i>	continuat <i>continues</i>	se ? <i>itself ?</i>	interdiu <i>during day</i>	que <i>and</i>	noctu. <i>night.</i>	Est <i>It is</i>
etiam <i>also</i>	testimonium <i>an indication</i>	mali <i>of a bad</i>	morbi, <i>disease,</i>	spirare <i>to breathe</i>	vehementer <i>vehemently</i>	et <i>and</i>	crebro; <i>quickly ;</i>
cœpisse <i>to have begun</i>	inhorrescere <i>to shiver</i>	a sexto <i>from the sixth</i>	die; <i>day ;</i>	exspuere <i>to spit up</i>	pus; <i>pus ;</i>	exscreare <i>to expectorate</i>	
vix; <i>with difficulty ;</i>	habere <i>to have</i>	continuum <i>constant</i>	dolorem; <i>pain ;</i>	ferre <i>to endure</i>	morbum <i>the disease</i>		
difficulter; <i>with difficulty ;</i>	jactare <i>to toss</i>	brachia <i>the arms</i>	et crura; <i>and legs ;</i>	lacrimare <i>to weep</i>	sine <i>without</i>	voluntate; <i>the will</i>	

CAP. IV.—*Mala Ægrotantium Signa.*—CONTRA, gravis morbi periculum est, ubi supinus æger jacet, porrectis manibus et cruribus; ubi residere vult in ipso acuti morbi impetu, præcipue pulmonibus laborantibus; ubi nocturna vigilia premitur, etiamsi interdiu somnus accedit: ex quo tamen pejor est, qui inter quartam horam et noctem est, quam qui matutino tempore ad quartam. Pessimum tamen est, si somnus neque noctu, neque interdiu ac-

cedit: id enim fere sine continuo dolore esse non potest. Æque vero signum malum est etiam somno ultra debitum urgeri; pejusque, quo magis se sopor interdiu, nocteque continuat. Mali etiam morbi testimonium est, vehementer et crebro spirare; a sexto die cœpisse inhorrescere; pus exspuere; vix exscreare; dolorem habere continuum; difficulter ferre morbum; jactare brachia et crura; sine voluntate lacrimare; habere humorem glutinosum

habere glutinosum humorem inhærentem dentibus,
(involuntarily); to have a glutinous humour sticking to the teeth,
 cutem circa umbilicum et pubem macram, præcordia inflammata,
the skin about the navel and pubes emaciated, the præcordia inflamed,
 dolentia, dura, tumida, intenta, que magis si hæc sunt
painful, hard, swollen, stretched (tense), and more so if they are
 dextrâ parte, quam sinistrâ; tamen est periculosissimum si
on the right side, than on the left; however it is most dangerous if
 venæ ibi quoque agitantur vehementer. Est etiam signum
the vessels there also are excited violently. It is also a sign
 mali morbi, emacrescere nimis celeriter, habere caput et
of a severe disease, to emaciate too rapidly, to have the head and
 pedes que manus frigidas, ventre et lateribus calentibus; aut
feet and hands cold, (while) the belly and sides (are) being hot; or
 extremas partes frigidas, acuto morbo urgente; aut inhorrescere
the extreme parts cold, an acute disease troubling; or to shiver
 post sudorem, aut esse singultum post vomitum, vel oculos
after sweating, or that there be hiccup after vomiting, or the eyes
 rubere, aut post cupiditatem cibi, ve post longas febres
redden, or after a desire for food, or after long fevers
 fastidire hunc (sc. cibum), aut sudare multum, que maxime sudore
to loathe it, or to sweat much, and especially the sweat
 frigido; aut habere sudores non æquales per totum
being cold; or to have the sweats not equal (unequal) over the whole
 corpus, que qui non finiant febrem, et (habere) eas febres
body, and which do not terminate the fever, and those fevers
 quæ revertantur quotidie eodem tempore, ve quæ habeant
which return daily at the same time, or which have
 accessiones semper pares, neque levantur quoque tertio die;
the accessions always similar, nor are relieved every third day;
 ve quæ continentur sic ut increscant per accessiones,
or which continue so as that they increase during the accessions,
 per decessiones molliantur tantum, nec unquam dimittant
during the departures are mitigated only, nor do they ever leave
 corpus integrum. Est pessimum si febris ne quidem levatur.
the body free. It is worst if the fever is not even abated,
 sed continuat æque concitata. Febrem oriri post morbum arquatam
but continues equally excited. That fever arise after jaundice
 est etiam periculorum; utique si præcordia manserunt dura
is also dangerous; especially if the præcordia have remained hard
 dextrâ parte. Ac iis (præcordiis) dolentibus, nulla acuta febris
on the right side. And they being painful, no acute fever

dentibus inhærentem, cutem circa umbilicum et pubem macram, præcordia inflammata, dolentia, dura, tumida, intenta, magisque, si hæc dextra parte, quam sinistra, sunt; periculosissimum tamen est, si venæ quoque ibi vehementer agitantur. Mali etiam morbi signum est, nimis celeriter emacrescere; caput et pedes manusque frigidas habere, ventre et lateribus calentibus; aut frigidas extremas partes acuto morbo urgente; aut post sudorem inhorrescere; aut post vomitum singultum esse, vel rubere oculos; aut post cupiditatem cibi, postve longas febres hunc fastidire; aut multum sudare, maximeque frigido sudore; aut habere sudores non per totum corpus æquales, quique febrem non finiant; et eas febres, quæ quotidie tempore eodem revertantur; quæve semper pares accessiones habeant, neque tertio quoque die levantur; quæve sic continentur, ut per accessiones increscant, per decessiones tantum molliantur, nec unquam integrum corpus dimittant. Pessimum est, si ne levatur quidem febris, sed æque concitata continuat. Periculosum est etiam, post arquatam morbum febrem oriri; utique si præcordia dextra parte dura manserunt. Ac dolentibus

debet leviter terrere nos; neque est distentio nervorum in acutâ
ought slightly to alarm us; nor is a convulsion in an acute
febre aut a somno, unquam non terribilis. Timere etiam
fever or after sleep, ever not (is always) alarming. To fear also
ex somno est (signum) mali morbi; que item
out of sleep (on awaking) is (a sign) of a bad disease; and likewise
mentem esse turbatam protinus in primâ febre, ve
that the mind be disturbed immediately at the beginning of fever, or
aliquod membrum esse resolutum. Ex quo casu quamvis vita
that any limb be palsied. After which calamity although life
redditur, id membrum fere debilitatur. Vomitus etiam
is restored, that limb generally is debilitated. Vomiting also
sinceræ pituitæ, vel bilis, est periculosus; que pejor si est viridis
of pure phlegm, or bile, is dangerous; and worse if it is green
aut niger. At urina est mala, in quâ rubra et lævia
or black. But that urine is bad, in which red and smooth
(sc. sedimenta) susidunt; deterior in quâ quasi quædam tenuia
sediments subside; worse in which as it were some thin
alba olla (susidunt:) ex his pessima si representat
white leaves (subside:) of these the worst (is) if (when) it represents (has
nubeculas, factas tanquam ex furfuribus. Diluta
the appearance of) small clouds, made as it were of bran. Diluted
quoque atque alba est vitiosa, sed maxime in phreneticis.
also and white is diseased, but most of all in phreneticis.
Autem alvus ex toto suppressa est mala. (Alvus) etiam
But the bowels wholly constipated is bad. (The belly) also
periculosa, quæ fluens inter febres, non patitur hominem
is dangerous, which relaxed during fevers, does not suffer the person
conquiescere in cubili; utique si quod descendit est perliquidum,
to remain quiet in bed; especially if what descends is very liquid,
aut albidum, aut pallidum, aut spumans. Præter hæc, id, quod
or whitish, or pale, or frothing. Besides these, that, which
excernitur, ostendit periculum si est exiguum, glutinosum, læve,
is excreted, indicates danger, if it is scanty, glutinous, smooth,
album, quæ subpallidum idem; vel si est aut lividum,
white, and palish the same; or if it is either livid,
aut biliosum, aut cruentum, aut pejoris odoris quam
or bilious, or bloody, or of a worse odour than
ex consuetudine. Quod est sincerum post longas febres, est
usual. What is pure (unmixed) after long fevers, is
etiam malum.
also bad.

his, nulla acuta febris leviter terrere nos debet; neque unquam in acuta febre, aut a somno non est terribilis nervorum distentio. Timere etiam ex somno, mali morbi est; itemque in prima febre protinus mentem esse turbatam, membrumve aliquod esse resolutum. Ex quo casu quamvis vita redditur, tamen id fere membrum debilitatur. Vomitus etiam periculosus est sinceræ pituitæ, vel bilis; pejorque, si viridis, aut niger est. At mala urina est, in qua subsidunt rubra et lævia: deterior, in qua quasi folia quædam tenuia alba: pessima ex his, si tanquam ex furfuribus factas nube-

culas representat. Diluta quoque, atque alba, vitiosa est, sed in phreneticis maxime. Alvus autem mala est, ex toto suppressa. Periculosa etiam, quæ inter febres fluens conquiescere hominem in cubili non patitur; utique, si quod descendit, est perliquidum, aut albidum, aut pallidum, aut spumans. Præter hæc periculum ostendit id, quod excernitur, si est exiguum, glutinosum, læve, album, idemque subpallidum; vel si est aut lividum, aut biliosum, aut cruentum, aut pejoris odoris, quam ex consuetudine. Malum est etiam, quod post longas febres sincerum est.

CAP. V.
CHAP. V.

		Signa Signs		longæ of a long		Valetudinis. Illness.			
Post	hæc	indicia,	est	votum ("notum")	morbum	feri			
After	these	indications,	it is	wished (desirable)	that the disease	become			
longum :	enim	sic	est	necesse,	nisi	occidit.	Neque	est	
chronic :	for	so	"it is	necessary,	unless	it kills.	Nor	is there	
alia	spes	vitæ	in	magnis	malis,	quam	ut	aliquis	
any other	hope	of life	in	severe	diseases,	than	that	the person	
effugiat	trahendo	impetum	morbi,	que	porrigatur				
may escape	by drawing out	the impetus	of the disease,	and	it be protracted				
in id	tempus	quod	præstet	locum	curationi.	Tamen			
to that	time	which	affords	an opportunity	for treatment.	However			
sunt	protinus	quædam	signa,	ex	quibus				
there are	immediately (at the beginning)	certain	symptoms,	from	which				
possumus	colligere	morbum,	etsi	non interemerit,	tamen				
we may	collect	that the disease,	although	it should not kill,	yet				
habiturum	longius	tempus :	ubi	frigidus	sudor	oritur			
will occupy (continue)	a longer	time :	when	a cold	sweat	arises			
circa	caput	tantum,	et	cervices,	inter	febres	non	acutas ;	
about the head	only,	and	shoulders,	during	fevers	not	acute ;		
aut	ubi,	febre	non	quiescente,	corpus	insudat ;	aut	ubi	
or when,	the fever	not	subsiding,	the body	sweats ;	or when			
corpus	est	modo	frigidum,	modo	calidum,	et	alius		
the body	is	at one time	cold,	at another	hot,	and	one		
color	fit	ex	alio ;	aut	ubi	quod	absces-		
colour	takes place	after	another ;	or	when	what	has formed	an	
sit	aliquâ	parte	inter	febres,	non	pervenit	ad	sanitatem ;	
abscess in some	part	during	fevers,	does not	arrive	at	health ;		
aut	ubi	æger	emacrescit	parum	pro	spatio	(sc. ægritu-	
or when the patient	wastes	little	for	the time	(the duration			
dinis :)	item	si	modo	urina	est	liquida	et	
of the illness :)	also	if	at one time	the urine	is	liquid (watery)	and	
pura,	modo	habet	quædam	subsidentia ;	si	quæ			
pure (clear),	at another	has	some things	subsiding ;	if	the things			
subsident	in eâ	sunt	lævia	atque	alba,	ve	rubra ;	aut	
which subside	in it	are	smooth	and	white,	or	red ;	or	
si	repræsentat	quasi	quasdam	miculas ;	aut	si	excitat	bullulas.	
if it represents	as it were	some	crumbs ;	or	if it excites	bubbles.			

CAP. V.—*Longæ Valetudinis Signa*.—Post hæc indicia, votum est, longum morbum fieri : sic enim necesse est, nisi occidit. Neque vitæ alia spes in magnis malis est, quam ut impetum morbi trahendo aliquis effugiat, porrigaturque in id tempus, quod curationi locum præstet. Protinus tamen signa quædam sunt, ex quibus colligere possumus, morbum, etsi non interemerit, longius tamen tempus habiturum : ubi frigidus sudor inter febres non acutas circa caput tantum, et cervicis oritur ; aut

ubi, febre non quiescente, corpus insudat ; aut ubi corpus modo frigidum, modo calidum est, et color alius ex alio fit ; aut ubi, quod inter febres aliqua parte abscessit, ad sanitatem non pervenit ; aut ubi æger pro spatio parum emacrescit : item, si urina modo liquida et pura est, modo habet quædam subsidentia ; si lævia atque alba rubrave sunt, quæ in ea subsident ; aut si quasdam quasi miculas repræsentat ; aut si bullulas excitat.

CAP. VI.
CHAP. VI.

Signa Mortis.
Signs of Death.

Sed quidem inter hæc, metu proposito, tamen
But even during these, apprehension being set forth, nevertheless
spes superest. Vero nares acutæ, tempora collapsa, oculi
hope remains. But the nose sharp, the temples collapsed, the eyes
concavi, aures frigidæ que languidæ, et leniter versæ imis
hollow, the ears cold and languid, and slightly turned in the lower
partibus, cutis circa frontem dura et intenta, color aut
parts, the skin about the forehead hard and tense, the colour either
niger aut perpallidus, testantur esse jam ventum (imperson.)
black or very palish, testify that it is now come
ad ultima; que multo magis si hæc sunt ita ut
to the last (extremity); and much more if these things are so that
neque vigilia præcesserit, neque resolutio ventris,
neither watching has preceded, nor resolution of the belly (purging),
neque inedia. Ex quibus causis hæc species (sc. signorum) interdum
nor fasting. From which causes this appearance sometimes
oritur, sed finitur uno die: itaque durans diutius
arises, but is terminated in one day: therefore continuing longer
est index mortis. Vero si in morbo jam vetere
it is an indication of death. But if in a disease already old
est talis (sc. species,) mors est in propinquo; que
(of long standing) there is such appearance, death is at hand; and
magis, si præter hæc, oculi quoque refugiunt lumen, et
more, if besides these, the eyes also shun the light, and
illacrimant; que quæ debent esse alba in iis rubescunt; atque
weep; and what ought to be white in them become red; and
venulæ in iisdem pallent; que pituita innatans in
the little veins in the same are pale; and the phlegm swimming in
iis novissime inhærescit angulis; que alter ex his est minor;
them ultimately sticks to the angles; and one of them is less;
que ii aut subsederunt vehementer, aut facti sunt tumidiores;
and they either have sunk very much, or have become more swollen;
que palpebræ non committuntur per somnum, sed aliquid
and the eyelids are not close shut during sleep, but something

CAP. VI.—Mortis Signa. — SED inter hæc quidem, proposito metu, spes tamen superest. Ad ultima vero jam ventum esse testantur, nares acutæ, collapsa tempora, oculi concavi, frigidæ languidæque aures et imis partibus leniter versæ, cutis circa frontem dura et intenta, color aut niger aut perpallidus; multoque magis, si ita hæc sunt, ut neque vigilia præcesserit, neque ventris resolutio, neque inedia. Ex quibus causis interdum

hæc species oritur, sed uno die finitur: itaque diutius durans, mortis index est. Si vero in morbo vetere jam triduo talis est, in propinquo mors est; magisque, si præter hæc oculi quoque lumen refugiunt, et illacrimant; quæque in iis alba esse debent, rubescunt; atque in iisdem venulæ pallent; pituitaque in iis innatans, novissime angulis inhærescit; alterque ex his minor est; iique aut vehementer subsederunt, aut facti tumidiores sunt; perque

ex albo oculorum apparet inter has (sc. palpebras), neque
 of the white of the eyes appears between them, nor has
 fluens alvus expressit id; que palpebræ eadem
 a relaxed belly forced (caused) that; and the palpebræ alike
 pallent, que pallor idem decolorat labra et nares; que
 are pale, and paleness the same decolorises the lips and nose; and
 labra, et nares, que oculi, et palpebræ, et supercilia, ve
 the lips, and nose, and eyes, and palpebræ, and eyelids, or
 aliqua ex his eadem pervertuntur; que is (sc. æger),
 any of them alike are perverted (distorted); and he,
 propter imbecillitatem, jam non audit aut non videt.
 on account of weakness, now does not hear or does not see.
 Mors denuntiatur eadem ubi æger (sc. homo)
 Death is denounced the same (is alike denounced) when the patient
 cubat supinus, que ei sunt (pro habet) genua contracta; ubi
 lies supine, and he has the knees drawn up; when
 subinde delabitur deorsum ad pedes; ubi nudat brachia
 he frequently slips downwards to the feet; when he strips the arms
 et crura, et dispergit inæqualiter, neque subest calor iis;
 and legs, and scatters them disorderly, nor is there heat in them;
 ubi hiat; ubi dormit assidue; ubi is qui est non
 when he gapes; when he sleeps constantly; when he who is not
 suæ mentis, neque sanus solet
 of his own mind (in his senses), nor when in his senses is accustomed
 facere id, stridet dentibus; ubi ulcus quod natum est
 to do that, grinds with his teeth; when an ulcer which has arisen
 aut ante, aut in morbo ipso, factum est aridum, et
 either before, or in the disease itself, has become dry, and
 aut pallidum aut lividum. Illa quoque sunt indicia mortis,
 either pale or livid. These also are signs of death,
 ungues, que digiti pallidi; spiritus frigidus; aut si
 the nails, and the fingers pale; the breath cold; or if
 quis in febre et acuto morbo, vel insaniam, ve dolore
 any one in fever and an acute disease, or insanity, or with pain
 pulmonis vel capitis, legit manibus floccos in veste,
 of the lungs or head, gathers with his hands locks of wool on the clothes
 ve diducit fimbrias, vel carpit si qua
 (picks at the bed clothes), or separates the fringe, or catches at whatever
 minuta eminent in adjuncto pariete.
 minute things are prominent on the adjoining wall.
 Etiam dolores orti circa coxas et inferiores partes, si
 Also pains having arisen about the hips and lower parts, if

somnum palpebræ non committuntur, sed inter
 has ex albo oculorum aliquid apparet, neque
 id fluens alvus expressit; eademque palpebræ
 pallent, et idem pallor labra et nares decolorat;
 eademque labra, et nares, oculique, et palpebræ,
 et supercilia, aliquando ex his pervertuntur;
 isque propter imbecillitatem jam non audit,
 aut non videt. Eadem mors denuntiatur,
 ubi æger supinus cubat, eique genua contracta
 sunt; ubi deorsum ad pedes subinde delabitur;
 ubi brachia et crura nudat, et inæqualiter
 dispergit, neque iis calor subest; ubi hiat;

ubi assidue dormit; ubi is, qui mentis suæ non
 est, neque id facere sanus solet, dentibus
 stridet; ubi ulcus, quod ante, aut in ipso
 morbo natum est, aridum, et aut pallidum,
 aut lividum factum est. Illa quoque mortis
 indicia sunt, ungues, digitique pallidi; frigidus
 spiritus; aut si manibus quis in febre,
 et acuto morbo, vel insaniam, pulmonis dolore,
 vel capitis, in veste floccos legit, fimbriasve
 diducit, vel in adjuncto pariete, si qua minuta
 eminent, carpit.

Dolores etiam circa coxas et inferiores partes

transierunt ad viscera, que subito desierunt, testantur mortem
they have passed to the viscera, and suddenly have ceased, testify that death
subesse; que magis si alia signa accesserunt quoque. Neque
is near; and more if the other signs have come on also. Nor
potest is servari, qui febricitans sine ullo tumore, subito
can he be saved, who being feverish without any swelling, suddenly
strangulatur, aut potest non devorare suam salivam; ve cui,
is (being) choked, or cannot swallow his saliva; or to whom,
in eodem habitu febris que corporis, cervix convertitur
in the same state of fever and body, the neck is twisted (awry)
sic ut æque possit devorare nihil; aut cui est (pro habet)
so that in like manner he can swallow nothing; or who has
simul continua febris et ultima infirmitas corporis; aut cui
at the same time continual fever and extreme weakness of body; or to whom
febre non quiescente exterior pars (sc. corporis,)
the fever not becoming quiet (subsiding) the external part (surface,)
friget, interior calet, sic ut etiam faciat sitim; aut qui,
is cold, the internal is hot, so that it even causes thirst; or who,
febre æque non quiescente, vexatur et
the fever in like manner not subsiding, is troubled with both
delirio et difficultate spirandi simul; aut qui,
delirium and difficulty of breathing at the same time; or who,
epoto veratro, exceptus est distentione nervorum,
having drank hellebore, has been seized with distension of the tendons (convulsions),
aut qui, ebrius obmutuit. Enim is fere
or who, being drunk has become dumb. Moreover he generally
consumitur distentione nervorum, nisi aut febris accessit, aut
is wasted by convulsions, unless either fever has come on, or
cœpit loqui eo tempore quo ebrietas debet
he has begun to speak at that time in which the drunkenness ought
solvi.
to be resolved.
Gravida mulier quoque consumitur facile acuto morbo;
A pregnant woman also is destroyed readily by an acute disease;
et is, cui somnus auget dolorem; et cui in
also he, to whom sleep increases pain; and in whom in
recenti morbo atra-bilis protinus ostendit se
recent disease atra-bile immediately (at the beginning) shews itself
vel infra vel supra; ve cui promsit se
either downwards or upwards; or in whom it has shewn itself
alterutro modo cum corpus ejus esset jam extenuatum et
in either way when the body of him was already emaciated and

orti, si ad viscera transierunt, subitoque desierunt, mortem subesse testantur; magisque, si alia quoque signa accesserunt. Neque is servari potest, qui sine ullo tumore febricitans, subito strangulatur, aut devorare salivam suam non potest; cuive in eodem febris corporisque habitu cervix convertitur, sic ut devorare æque nihil possit; aut cui simul et continua febris et ultima corporis infirmitas est; aut cui, febre non quiescente, exterior pars friget, interior sic calet, ut etiam sitim faciat; aut qui, febre æque non quiescente, simul et

delirio et spirandi difficultate vexatur; aut qui, epoto veratro, exceptus distentione nervorum est; aut qui ebrius obmutuit. Is enim fere nervorum distentione consumitur, nisi aut febris accessit, aut eo tempore, quo ebrietas solvi debet, loqui cœpit.

Mulier quoque gravida acuto morbo facile consumitur; et is, cui somnus dolorem auget; et cui protinus, in recenti morbo, bilis atra vel infra vel supra se ostendit; cuive alterutro modo se promsit, cum jam longo morbo corpus ejus esset extenuatum et affectum. Sputum etiam

affectum longo morbo. Etiam biliosum et purulentum sputum,
affected by continued disease. Also bilious and purulent spitting,
 sive ista (sc. sputa) proveniunt separatim sive mixta, ostendunt
whether they come forth separately or mixed, shew
 periculum interitûs. Ac si circa septimum diem cœpit
danger of death. And if about the seventh day it has begun
 esse tale (sputum), proximum est ut is decedat, circa
to be such, the next thing is that he droops (dies), about
 quartumdecimum diem, „nisi alia signa meliora ve pejora
the fourteenth day, unless other symptoms better or worse
 accesserint: quæ, quo leviora ve graviora subsecuta sunt,
shall have come on: which, the lighter or severer they have followed,
 eo denuntiant vel seriore vel maturiore mortem. Quoque
by that they indicate either a later or earlier death. Also
 frigidus sudor in acutâ febre est pestiferus: atque in omni
a cold sweat in acute fever is fatal: and in every
 morbo vomitus qui est varius et multorum colorum; que
disease vomiting which is various and of many colours; and
 præcipue si est malus odor in hoc. Ac vomuisse sanguinem
especially if there is a bad smell in it. And to have vomited blood
 quoque in febre est pestiferum. Vero urina consuevit
also in fever is deadly. But the urine has been accustomed
 esse rubra et tenuis in magna cruditate; et sæpe
to be red and thin (watery) in severe crudity; and often
 rapit hominem spatio antequam maturescat:
hurries off a person in a space of time before that it can mature:
 itaque si talis permanet diutius ostendit periculum mortis.
therefore if such continue longer it shews danger of death.
 Tamen, ingra, crassa, mali odoris est pessima, que præcipue
However, black, thick, of a bad smell is the worst, and especially
 mortifera. Atque talis (sc. urina) quidem est deterrima in viris
deadly. And such indeed is the worst in men
 et mulieribus: vero in pueris quæ est tenuis et diluta.
and women: but in boys that which is thin and diluted.
 Alvus quoque varia, quæ repræsentat strigmentum, sanguinem,
The fæces also various, which represents (is like) filth, blood,
 bilem, aliquid viride, modo diversis temporibus, modo
bile, something green, sometimes at different periods, sometimes
 simul, et tamen discreta, in quâdam mixturâ est
together, and although distinct, in a kind of mixture is
 pestifera. Sed potest quidem trahere hæc paulo
deadly. But he may indeed draw out (survive) these things a little

biliosum, et purulentum, sive separatim ista, sive mixta proveniunt, interitus periculum ostendunt. Ac si circa septimum diem tale esse cœpit, proximum est, ut is circa quartumdecimum diem decedat, nisi alia signa meliora pejorave accesserint: quæ, quo leviora graviorave subsecuta sunt, eo vel seriorum mortem, vel maturiorem denuntiant. Sudor quoque frigidus in acuta febre pestiferus est: atque in omni morbo vomitus, qui varius, et multorum colorum est; præcipueque, si malus in hoc odor est. Ac sanguinem quoque in febre vomuisse, pestiferum est. Urina vero rubra et

tenuis in magna cruditate esse consuevit; et sæpe, antequam spatio maturescat, hominem rapit: itaque, si talis diutius permanet, periculum mortis ostendit. Pessima tamen est, præcipueque mortifera, nigra, crassa, mali odoris. Atque in viris quidem et mulieribus talis deterrima est: in pueris vero, quæ tenuis et diluta est. Alvus quoque varia, pestifera est, quæ strigmentum, sanguinem, bilem, viride aliquid, modo diversis temporibus, modo simul, et in mixtura quadam, discreta tamen, repræsentat. Sed hæc quidem potest paulo diutius trahere: in præcipiti vero jam

diutius; vero quæ est liquida denuntiat esse jam
 longer; but what is liquid declares that he is already
 in præcipiti, quæ eadem vel nigra vel pallida vel
 at the point of death, and the same either black or pale or
 pinguis; utique si magna fœditas odoris accessit.
 fatty; especially if great foulness of smell has been added.
 Scio me posse interrogari illud ab aliquo: si sunt
 I know that I may be asked this by some one: if there are
 certa indicia mortis futuræ, quomodo, deserti
 certain indications of death about to be (approaching death), how, (patients) deserted
 a medicis, interdum convalescant, quæ (quomodo) fama
 by their physicians, sometimes recover, and fame
 prodiderit quosdam revixisse in ipsis funebris? Quin
 should report that some have revived in their very funerals? But
 etiam Democritus, vir jure magni nominis, proposuit
 also Democritus, a man by right (justly) of great reputation, has asserted
 quidem notas vitæ finitæ, quibus medici credidissent,
 even that the signs of life (being) terminated, to which physicians had trusted
 esse ne satis certas: adeo (ut)
 (on which physicians had relied), were not very certain: insomuch (that)
 non reliquit illud, ut essent aliqua certa
 he has not left this (has not allowed), that there were any certain
 signa mortis futuræ. Adversus quos
 signs of death about to occur. Against (in opposition to) whom (which)
 ne dicam quidem illud, quod quædam notæ
 should I not mention (not to urge) even this, that certain signs
 positæ in vicino sæpe decipiunt, non bonos
 placed in proximity (of great resemblance) often deceive, not the able
 sed imperitos medicos; quod Asclepiades, obvius funeri,
 but the unskilful physicians; which Asclepiades, meeting a funeral,
 intellexit eum qui efferebatur vivere: nec
 knew well that he who was (being) carried to burial lived (was alive): nor
 protinus esse crimen artis, si sit quod professoris.
 consequently is it the fault of the art, if there be any of the professor.
 Tamen subjiciam illa moderatius: medicinam esse
 However I shall urge these things more moderately: that medicine is
 conjecturalem artem, et rationem conjecturæ esse talem,
 a conjectural art, and that the nature of the conjecture is such,
 ut cum aliquando responderit sæpius, tamen
 that although sometimes it should answer very often, notwithstanding
 interdum fallat. Non itaque, si quid (signum) aliquando
 it sometimes deceives. Not therefore, if any (thing) sometimes

esse denuntiat, quæ liquida, eademque vel nigra, vel pallida, vel pinguis est; utique, si magna fœditas odoris accessit.

Illud interrogari me posse ab aliquo scio: si certa futuræ mortis indicia sunt, quomodo interdum deserti a medicis convalescant, quosdamque fama prodiderit in ipsis funebris revixisse? Quin etiam vir jure magni nominis Democritus, ne finitæ quidem vitæ satis certas notas esse, proposuit, quibus medici credidissent: adeo illud non reliquit, ut certa aliqua

signa futuræ mortis essent. Adversus quos ne dicam illud quidem, quod in vicino sæpe quædam notæ positæ, non bonos, sed imperitos medicos decipiunt; quod Asclepiades funeri obvius intellexit, eum vivere, qui efferebatur: nec protinus crimen artis esse, si quod professoris sit. Illa tamen moderatius subjiciam: conjecturalem artem esse medicinam rationemque conjecturæ talem esse, ut cum sæpius aliquando responderit, interdum tamen fallat. Non itaque, si quid vix in millesimo corpore

decipit vix millesimo corpore habet non fidem,
deceives scarcely in the thousandth body (instance) it has no credit,

cum respondant per innumerabiles homines.
since it answers through innumerable persons (in numberless instances).

Que dico id non tantum in iis (signis) quæ
And I assert this not only in (with respect to) those which

sunt pestifera; sed in iis quoque quæ salutaria.
are mortal; but in (of) those also which (are) salutary.

Siquidem spes etiam interdum frustratur, et aliquis moritur
Since even hope (expectation) also sometimes is disappointed, and one dies

de quo medicus primo fuit securus: que
about whom the physician at first was fearless (satisfied): and

(ea) quæ causa medendi reperta sunt,
those things which for the sake of healing have been discovered,

nonnunquam convertunt in pejor alicui. Neque
sometimes turn for the worse in a particular individual. Nor

potest humana imbecillitas evitare id in tantâ varietate corporum.
can human weakness avoid it in so great a variety of bodies

Sed tamen fides est medicinæ, quæ
(constitutions). But nevertheless credit is (due) to medicine, which

prodest multo sæpius que per multo plures ægros (sc. homines).
is beneficial much oftener and to many more sick persons.

Neque tamen oportet ignorare notas, in acutis
Nor however does it behoove to be ignorant that the signs, in acute

morbis, et salutis et mortis esse magis fallaces.
diseases, both of recovery and of death are more fallacious.

CAP. VII.
 CHAP. VII.

Notæ singulorum Morborum.
 Signs of particular Diseases.

Sed cum proposuerim signa, quæ consueverunt esse
But as I have explained the signs, which have been accustomed to be

communia in omni adversâ valetudine,
common in (to belong generally to) every kind of bad health,

transibo eo quoque, ut indicem
I shall pass thither also, that I point out (I shall proceed to point out)

aliquando decipit, fidem non habet, cum per innumerabiles homines respondeat. Idque non in iis tantum, quæ pestifera sunt, dico; sed in iis quoque, quæ salutaria. Siquidem etiam spes interdum frustratur, et moritur aliquis, de quo medicus securus primo fuit: quæque medendi causa reperta sunt, nonnunquam in pejor alicui convertunt. Neque id evitare humana imbecillitas in tanta varietate corporum potest. Sed est tamen medicinæ fides,

quæ multo sæpius, perque multo plures ægros prodest. Neque tamen ignorare oportet, in acutis morbis fallaces magis notas esse et salutis, et mortis.

CAP. VII.—*Singulorum Morborum Notæ.*—SED cum proposuerim signa, quæ in omni adversa valetudine communia esse consueverunt; eo quoque transibo, ut, quas aliquis in singulis morborum generibus habere possit notas,

notas quas aliquis possit habere in singulis generibus
the signs which a person may have in the individual kinds
 morborum. Sunt quædam quæ ante febres, quædam quæ
of diseases. There are some which before fevers, some which
 inter eas ostendunt quid aut sit intus,
during them (their existence) shew what either may be within
 (may be going on internally), aut venturum sit. Si caput est grave
or will happen. If the head is heavy
 ante febres, aut oculi caligant ex somno, aut sunt
before fevers, or the eyes are dim after sleep, or there are
 frequentias sternutamenta, aliquis impetus pituitæ circa caput potest
frequent sneezings, some attack of phlegm about the head may
 timeri. Si sanguis aut calor abundat, proximum est
be feared. If blood or heat abound, the next thing is
 (the consequence is) ut profluvium sanguinis aliqua parte
that a profluvium of blood from some part
 fiat. Si quis emacrescit sine causâ, est metus
may take place. If a person emaciates without a cause, there is fear
 ne ejus corpus recidat in malum habitum. Si
lest his body may fall back into a bad state. If
 præcordia dolent, aut est gravis inflatio, aut urina
the præcordia are painful, or there is severe flatulence, or the urine
 fertur non concocta toto die, est manifestum esse cruditatem.
is voided unconcocted the whole day, it is manifest that there is crudity.
 Quibus est (pro habet) malus color diu, sine regio
Who have a bad colour for a long time, without the royal
 morbo, hi vel conflictantur doloribus capitis, vel
disease (jaundice), they either are troubled with pains of the head, or
 edunt terram (malacia nominatur). Qui habent faciem pallidam
eat earth. They who have the face pale
 et tumidam diu, laborant aut capite, aut visceribus,
and swollen for a long time, suffer either in the head, or viscera,
 aut alvo. Si in continuâ febre venter puero reddit nihil,
or belly. If in a continued fever the belly in a boy voids nothing,
 que color mutatur ei, neque somnus accedit,
and his colour is changed for him, nor does sleep come on,
 que is plorat assidue, distentio nervorum est
and he weeps constantly, a distension of the sinews (convulsions) is
 metuenda. Autem frequens destillatio in tenui que longo
to be feared. But a frequent catarrh in a slender and tall
 corpore, testatur tabem esse timendam.
body, indicates that consumption is to be feared (apprehended).

indicem. Quædam autem sunt, quæ ante febres,
 quædam que inter eas quid aut intus sit, aut
 venturum sit, ostendunt. Ante febres, si caput
 grave est, aut ex somno oculi caligant, aut
 frequentia sternutamenta sunt, circa caput
 aliquis pituitæ impetus timeri potest. Si san-
 guis, aut calor abundat, proximum est, ut
 aliqua parte profluvium sanguinis fiat. Si
 sine causa quis emacrescit, ne in malum
 habitum corpus ejus recidat, metus est. Si
 præcordia dolent, aut inflatio gravis est, aut

toto die non concocta fertur urina, cruditatem
 esse manifestum est. Quibus diu color sine
 morbo regio malus est, hi vel capitis doloribus
 conflictantur, vel terram edunt. Qui diu ha-
 bent faciem pallidam et tumidam, aut capite,
 aut visceribus, aut alvo laborant. Si in con-
 tinua febre puero venter nihil reddit, mutatur
 que ei color, neque somnus accedit, ploratque
 is assidue, metuenda nervorum distentio est.
 Frequens autem destillatio in corpore tenui
 longoque, tabem timendam esse testatur.

Ubi alvus non descendit pluribus diebus, docet
When the fæces have not descended for several days, it teaches
 (portends) aut subitam dejectionem, aut febriculam instare.
that either a sudden purging, or a slight fever is impending.
 Ubi pedes turgent, dejectiones sunt longæ; ubi est
When the feet swell, the purgings are long (continued); when there is
 dolor in imo ventre et coxis, aqua inter
pain in the lower (bottom of the) belly and hips, water through
 cutem instat. Sed hoc genus morbi solet
the skin (dropsy) is impending. But this kind of disease is accustomed
 oriri ab ilibus. Periculum propositum est iis quibus
to arise from the flanks (ilia). The danger proposed is to those who
 est voluntas desidendi, (quibus) venter reddit nihil, nisi
have a desire of going to stool, (in whom) the belly voids nothing, unless
 et durum et ægre, est tumor in pedibus, que idem
both hard and with difficulty, have a swelling in the feet, and the same
 (sc. tumor) modo dextrâ modo sinistrâ parte ventris,
sometimes on the right sometimes on the left side of the belly,
 invicem oritur atque finitur. Sed id malum
by turns (alternately) rises and is ended (subsides). But that disorder
 videtur proficisci a jecinore. Est nota ejusdem morbi ubi
seems to proceed from the liver. It is a sign of the same disease when
 intestina circa umbilicum torquentur, Græci nominant στρόφους
the intestines about the umbilicus are pained, the Greeks call them gripes
 (strophous,) que dolores coxæ manent; que ea solvuntur
(tormina,) and pains of the hips continue; and those things are resolved
 neque tempore neque remediis. Autem dolor articularum, prout
neither by time nor by remedies. But a pain of the joints, for instance
 in pedibus ve manibus, aut quâlibet aliâ parte, est sic ut
in the feet or hands, or any other part, is so that
 nervi contrahantur eo loco; aut si id membrum,
the sinews are contracted in that place; or if that limb, (when)
 fatigatum ex levi causâ, offenditur æque frigido que calido,
fatigued from a slight cause, is distressed equally by cold and by heat,
 denuntiat ποδάγραν (podagran) ve χειράγραν (cheiragranve), aut
indicates foot-gout or hand-gout, or
 futurum esse morbum ejus articuli in quo id sentitur.
that there will be disease of that joint in which that is felt.
 Quibus in pueritiâ sanguis fluxit ex naribus, dein desiit
In whom in childhood blood has flowed from the nose, then has ceased
 fluere, est necesse hi vel conficentur doloribus capitis,
to flow, it is necessary that they either be afflicted with pains of the head,

Ubi pluribus diebus non descendit alvus, docet, aut subitam dejectionem, aut febriculam instare. Ubi pedes turgent, longæ dejectiones sunt; ubi dolor in imo ventre et coxis est, aqua inter cutem instat. Sed hoc morbi genus ab ilibus oriri solet. Idem propositum periculum est iis, quibus voluntas desidendi est, venter nihil reddit, nisi et ægre et durum, tumor in pedibus est, idemque modo dextra, modo sinistra parte ventris, invicem oritur atque finitur. Sed a jecinore id malum proficisci videtur. Ejusdem morbi nota est, ubi

circa umbilicum intestina torquentur, (στρόφους Græci nominant) coxæque dolores manent; eaque neque tempore, neque remediis solvuntur. Dolor autem articularum, prout in pedibus, manibusve, aut alia quâlibet parte sic est, ut eo loco nervi contrahantur; aut si id membrum, ex levi causa fatigatum, æque frigido, calidoque offenditur, ποδάγραν χειράγρανve, vel ejus articuli, in quo id sentitur, morbum futurum esse denuntiat. Quibus in pueritiâ sanguis ex naribus fluxit, dein fluere desiit, hi vel capitis doloribus conficentur necesse

vel habeant aliquas graves exulcerationes in articulis, or etiam
 or have some severe exulcerations in the joints, or even
 debilitentur aliquo morbo. Est necesse feminis quibus menstrua
 be debilitated by some disease. It is necessary that women in whom the menses
 non proveniunt sint (pro habeant) acerbissimi dolores
 do not come forth (are suppressed) have excruciating pains
 capitis, vel quælibet alia pars infestetur morbo. Que eadem
 of the head, or that some other part be troubled with disease. And the same
 pericula sunt iis quibus vitia articularum, dolores que
 dangers are (threaten) to them in whom disorders of the joints, pains and
 tumores, sine podagrâ que similibus morbis, oriuntur et desinunt;
 swellings, without gout and similar diseases, arise and cease;
 utique si iis tempora sæpe dolent, que corpora insudant
 especially if in them the temples often are painful, and their bodies sweat
 noctu. Si frons prurit, est metus lippitudinis. Si mulier
 at night. If the forehead itches, there is fear of a lippitude. If a woman
 habet vehementes dolores a partu, neque sunt alia
 have violent pains from (after) child-birth, nor are there other
 mala signa præterea, circa vigesimum diem aut sanguis erumpet
 bad symptoms besides, about the twentieth day either blood will break forth
 per nares, aut aliquid abscedet in inferioribus partibus.
 through the nose, or something will imposthume in the inferior parts.
 Quicumque habebit ingentem dolorem circa tempora et frontem,
 And whoever shall have severe pain about the temples and forehead,
 is finiet eum (sc. dolorem) alterutrâ ratione; que si erit
 he will terminate it in one or other way; and if it shall be
 juvenis, magis per profusionem sanguinis; si senior, per suppurationem.
 a youth, rather by the profusion of blood; if older, by suppuration.
 Autem febris, quæ subito sine ratione, finita est, sine
 But a fever, which suddenly without cause, has been terminated without
 bonis signis, fere revertitur.
 good symptoms, generally returns.

Cui fauces replentur et interdiu et noctu, sic ut
 To whom the fauces are filled both day and night, so that (provided
 neque dolores capitis, neque præcordiorum, neque tussis, neque
 that) neither pains of the head, nor of the præcordia, nor cough, nor
 vomitus, neque febricula præcesserit, ulcus reperiatur aut in
 vomiting, nor slight fever has preceded, an ulcer will be found either in
 naribus aut faucibus hujus. Si mulieri inguen
 the nose or in the fauces (throat) of this person. When to a woman the groin
 (sc. intumuit) et febricula orta est, neque causa apparet,
 (has become swollen) and feverishness has arisen, nor does the cause appear

est, vel in articulis aliquas exulcerationes graves habeant, vel aliquo morbo etiam debilitentur. Quibus feminis menstrua non proveniunt, necesse est capitis acerbissimi dolores sint, vel quælibet alia pars morbo infestetur. Eademque iis pericula sunt, quibus articularum vitia, dolores tumoresque, sine podagra similibusque morbis, oriuntur, et desinunt; utique, si sæpe tempora iisdem dolent, noctuque corpora insudant. Si frons prurit, lippitudinis metus est. Si mulier a partu vehementes dolores habet, neque alia præterea signa mala sunt, circa vicesimum diem sanguis

per nares erumpet, aut in inferioribus partibus aliquid abscedet. Quicumque etiam dolorem ingentem circa tempora et frontem habebit, is alterutra ratione eum finiet; magisque, si juvenis erit, per sanguinis profusionem; si senior, per suppurationem. Febris autem, quæ subito sine ratione, sine bonis signis finita est, fere revertitur.

Cui fauces sanguine et interdiu et noctu replentur, sic ut neque capitis dolores, neque præcordiorum, neque tussis, neque vomitus, neque febricula præcesserit, hujus aut in naribus, aut in faucibus ulcus reperiatur. Si

est ulcus in vulvâ. Crassa urina, ex quâ quod
(evident), there is an ulcer in the womb. Thick urine, from which what
 desidit est album, significat dolorem circa articulos, aut circa viscera,
settles is white, signifies pain about the joints, or about the viscera,
 que esse metum morbi. Eadem (urina) viridis testatur
and that there is fear of disease. The same (being) green indicates
 aut subesse dolorem viscerum, que tumorem cum aliquo periculo,
either that there is pain of the bowels, and swelling with some danger,
 aut certe corpus esse non integrum. At si est pus aut
or at least that the body is not sound. But if there is pus or
 sanguis in urinâ, vel vesica vel renes sunt exulcerati. Si
blood in the urine, either the bladder or the kidneys are ulcerated. If
 hæc (sc. urina) crassa habet quasdam exiguas carunculas,
this (being) thick has (contains) some small pieces of flesh,
 quasi capillos, aut si bullat, et olet male, et trahit interdum
like hairs, or if it bubbles, and smells badly, and brings off sometimes
 quasi arenam, interdum quasi sanguinem, autem coxæ dolent,
as it were sand, sometimes as if blood, but the hips are in pain,
 quæque sunt inter has (sc. coxas) que super pubes, et
and whatever are between them and above the pubes, and
 frequentes ructus accedunt, interdum biliosus vomitus, que extremæ
frequent belchings come on, sometimes bilious vomiting, and the extreme
 partes frigescunt, cupiditas urinæ est crebra sed difficultas
parts become cold, the desire (of voiding) of urine is frequent but the difficulty
 magna, et quod est inde excretum est simile aquæ, aut rufum
great, and what is thence excreted is like water, or reddish
 vel pallidum, tamen est paulum levamenti in eo, vero alvus
or pale, however there is a little relief in it, but the excrement
 redditur cum multo spiritu, vitium est utique in renibus. At
is voided with much wind, the disease is certainly in the kidneys. But
 si destillat paulatim, vel si sanguis editur per hanc (sc.
if it drops away gradually, or if blood is discharged by (with) it
 urinam) et quædam cruenta concreta sunt in eo (sc. sanguine), que id
and some bloody concretions are in it, and that
 ipsum (sc. concretum) redditur cum difficultate, et interiores partes
itself is voided with difficulty, and the interior parts
 circa pubem dolent, vitium est vesicâ in eadem
about the pubes are in pain, the disease is in the bladder in the same
 (sc. pube.) Vero calculosi cognoscuntur his indiciis;
(contained in the pelvis.) But calculous persons are known by these signs;
 urina redditur difficulter, que destillat paulatim, interdum etiam
the urine is voided difficultly, and it drops away slowly, sometimes even

mulieri inguen et febricula orta est, neque causa apparet, ulcus in vulva est. Urina autem crassa, ex qua quod desidit, album est, significat circa articulos, aut circa viscera dolorem, metumque morbi esse. Eadem viridis, aut viscerum dolorem, tumoremque cum aliquo periculo subesse, aut certe corpus integrum non esse, testatur. At si sanguis aut pus in urina est, vel vesica vel renes exulcerati sunt. Si hæc crassa, carunculas quasdam exiguas quasi capillos habet, aut si bullat, et male olet, et interdum quasi arenam, interdum quasi sanguinem trahit, dolent autem coxæ, quæque

inter has superque pubem sunt, et accedunt frequentes ructus, interdum vomitus biliosus, extremæque partes frigescunt, urinæ crebra cupiditas, sed magna difficultas est, et quod inde excretum est, aquæ simile, vel rufum, vel pallidum est, paulum tamen in eo levamenti est, alvus vero cum multo spiritu redditur, utique in renibus vitium est. At si paulatim destillat, vel si sanguis per hanc editur, et in eo quædam cruenta concreta sunt, idque ipsum cum difficultate redditur, et circa pubem interiores partes dolent, in eadem vesica vitium est. Calculosi vero his indiciis cognoscuntur:

sine voluntate; eadem (sc. urina) est arenosa; nonnunquam
without (against) the will; the same is sandy; sometimes
aut sanguis aut aliquid cruentum aut purulentum excernitur cum
either blood or something bloody or purulent is excreted with
eâ; que quidam promptius reddunt eam recti, quidam
it; and some more readily void it (when) upright, some
resupinati, que maxime ii qui habent grandes calculos,
lying on their back, and especially those who have large calculi,
quidam etiam inclinati, que levant dolorem extendendo colem.
some even inclined, and ease the pain by extending the yard.
Est quoque sensus cuiusdam gravitatis in eâ parte: atque ea
There is also a sense of some weight in that part: and that
(sc. gravitas) augetur cursu, que omni motu. Quidam etiam
is increased by running, and every (kind of) motion. Some even
cum torquentur implicant pedes inter se
when they are pained fold their feet between themselves (interfold their
vicibus subinde mutatis. Vero feminae crebro coguntur
feet) the turns being frequently changed. But women frequently are forced
scabere oras suorum naturalium, manibus admotis: nonnunquam
to rub the orifices of their privities, the hands being applied: sometimes
si admoventur digitum, sentiunt calculum ubi is (sc. calculus)
when they have applied the finger, they feel the calculus where it
urget cervicem vesicæ.
presses the neck of the bladder.

At qui exscreant spumantem sanguinem, his est vitium in
But who expectorate frothing blood, they have disease in
pulmone. Alvus fusa sine modo gravidæ mulieri
the lung. The belly relaxed without bounds (excessively) to a pregnant woman
potest elidere partum. Eidem si lac profluit
may squeeze out the birth (cause a miscarriage). To the same if milk flows forth
ex mammis, quod gerit intus est imbecillum; mammae duræ,
from the breasts, what she carries within is weak: the breasts hard,
testantur illud esse sanum. Frequens singultus et continuus
testify that it is healthy. Frequent hiccup and continued
præter consuetudinem, significat jecur esse inflammatum.
beyond custom (unusually protracted), signifies that the liver is inflamed.
Si tumores super ulcera subito desierunt esse, que
If swellings over ulcers have suddenly ceased to be (disappeared), and
id incidit a tergo, vel distentio nervorum vel rigor
it occurs in the back, either convulsions or spasm (tetanus)
potest timeri: at si id evenit a priore parte, vel acutus
may be feared: but if that happens at the fore part, either acute

difficulus urina redditur, paulatimque, interdum etiam sine voluntate, destillat; eadem arenosa est; nonnunquam aut sanguis, aut cruentum, aut purulentum aliquid cum ea excernitur; eamque quidam promptius recti, quidam resupinati, maximeque ii, qui grandes calculos habent, quidam etiam inclinati reddunt, colemque extendendo, dolorem levant. Gravitatis quoque cuiusdam in ea parte sensus est: atque ea cursu, omnique motu augetur. Quidam etiam, cum torquentur, pedes inter se, subinde mutatis vicibus, implicant. Feminae vero oras naturalium suorum manibus ad-

motis scabere crebro coguntur: nonnunquam, si digitum admovent, ubi vesicæ cervicem is urget, calculum sentiunt.

At, qui spumantem sanguinem exscreant, his in pulmone vitium est. Mulieri gravidæ sine modo fusa alvus elidere partum potest. Eidem si lac ex mammis profluit, imbecillum est quod intus gerit: duræ mammae, sanum illud esse, testantur. Frequens singultus, et præter consuetudinem continuus, jecur inflammatum esse, significat. Si tumores super ulcera subito esse desierunt, idque a tergo incidit, vel distentio nervorum, vel rigor timeri potest: at si a pri-

dolor lateris vel insania est expectanda; interdum etiam profusio
pain of the side or insanity is to be expected; sometimes also a flux
 alvi, quæ est tutissima inter hæc, sequitur casum
of the belly, which is the safest among (of) these, follows a misfortune
 ejusmodi. Si ora venarum, solita fundere sanguinem,
of that kind. If the mouths of the veins, accustomed to pour out blood,
 suppressa sunt subito, aut aqua inter cutem aut
have been suppressed suddenly, either water within the skin (dropsy) or
 tabes sequitur. Tabes eadem subit, si
consumption follows. Consumption the same (in like manner) comes on, if
 suppuratio orta in dolore lateris non potuit
suppuration (having) arisen in (from) pain of the side has not been able
 purgari intra quadraginta dies. At si est longa
to be purged off within forty days. But if there is long (continued)
 tristitia, cum longo timore et vigiliâ, morbus atræ-bilis subit.
grief, with long fear and watching, the disease of atra-bile succeeds.
 Quibus sanguis sæpe fluit ex naribus, his aut lienis
To whom blood often flows from the nose, to them either the spleen
 tumet, aut sunt dolores capitis: sequitur quos, ut quædam
swells, or there are pains of the head: it follows which, that some
 imagines tanquam obversentur ante oculos. At quibus sunt
images as it were seem present before the eyes. But who have
 (pro habent) lienēs magnæ, his sunt gingivæ malæ et
the spleens large, they have the gums bad (diseased) and
 os olet, aut sanguis prorumpit aliquâ parte: si nihil
the mouth stinks, or blood breaks forth from some part: if nothing
 quorum evenit, est necesse (ut) mala ulcera fiant cruribus,
of which happens, it is necessary that bad ulcers take place in the legs,
 et ex his nigræ cicatrices. Quibus est causa doloris, nec
and from them black cicatrices. (They) who have cause of pain, nor
 sensus ejus, his mens labat. Si sanguis confluit in ventrem,
sense of it, to these the mind fails. If blood has collected in the belly,
 ibi vertitur in pus. Si dolor transit in pectus a
there it is turned into pus. If pain passes into the breast from
 coxis et ab inferioribus partibus, neque ullum malum signum
the hips and from the inferior parts, nor has any bad sign
 accessit, est periculum suppurationis eo loco. Quibus
come on, there is danger of suppuration in that place. To whom
 sine febre est dolor aliquâ parte, aut prurigo, cum rubore et
without fever there is pain in any part, or itching, with redness and
 calore, ibi aliquid suppurat. Urina quoque, quæ est liquida in
heat, there something is suppurating. Urine also, which is liquid in

ore parte id evenit, vel lateris acutus dolor, vel insania expectanda est; interdum etiam ejusmodi casum, quæ tutissima inter hæc est, profusio alvi sequitur. Si ora venarum, sanguinem solita fundere, subito suppressa sunt, aut aqua inter cutem, aut tabes, sequitur. Eadem tabes subit, si in lateris dolore orta suppuratio intra quadraginta dies purgari non potuit. At si longa tristitia cum longo timore et vigilia est, atræ bilis morbus subest. Quibus sæpe ex naribus fluit sanguis, his aut lienis tumet, aut capitis dolores sunt: quos sequitur, ut quædam ante oculos tanquam imagines obver-

sentur. At quibus magni lienēs sunt, his gingivæ malæ sunt, et os olet, aut sanguis aliqua parte prorumpit: quorum si nihil evenit, necesse est in cruribus mala ulcera, et ex his nigræ cicatrices fiant. Quibus causa doloris, neque sensus ejus est, his mens labat. Si in ventrem sanguis confluit, ibi in pus vertitur. Si a coxis, et ab inferioribus partibus dolor in pectus transit, neque ullum signum malum accessit, suppurationis eo loco periculum est. Quibus sine febre aliqua parte dolor, aut prurigo, cum rubore et calore est, ibi aliquid suppurat. Urina quoque, quæ in homine sano

homine parum sano, denuntiat aliquam suppurationem futuram esse
a person not very healthy, indicates that some suppuration will take place
 circa aures.
about the ears.

Vero hæc, cum sine febre quoque, habeant
But these things, although without fever also, they afford
 notas vel latentium vel futurarum rerum, sunt multo
the signs either of hidden or of future things, are much
 certiora, ubi febris accessit; atque tum etiam signa
more certain, when fever has come on; and then also the signs
 aliorum morborum nascuntur. Ergo insania est protinus
of other diseases arise. Therefore insanity is immediately
 timenda, ubi sermo alicujus est expeditior quam fuit
to be feared, when the speech of any one is more quick than it has been
 (ejusdem) sani, et loquacitas subita (adverb) orta est, et hæc
of him in health, and loquacity suddenly has arisen, and this
 ipsa (sc. loquacitas) audacior solito: aut ubi quis spirat
itself (has become) more bold than usual: or when a person breathes
 raro et vehementer, que habet venas concitatas,
slowly and violently (forcibly), and has the vessels excited,
 præcordiis duris et tumentibus. Quoque frequens motus
the præcordia being hard and swollen. Also a frequent motion
 oculorum, et tenebræ offusæ oculis in dolore capitis; vel
of the eyes, and darkness spread before the eyes in (with) pain of the head; or
 nullo dolore substante, somnus ereptus, et vigilia continuata
no pain existing, the sleep (being) debarred, and the watching continued
 nocte et die; vel corpus prostratum in ventrem contra
night and day; or the body laid flat upon the belly contrary
 consuetudinem, sic ut dolor alvi ipsius non coëgerit
to custom (habit), so as (provided that) pain of the belly itself have not forced
 id; item, corpore adhuc robusto, insolitus stridor dentium,
that; also, the body being still strong, an unusual grinding of the teeth,
 sunt signa insanis. Etiam si quid abscessit, et
are signs of madness. Also if any thing has impostsuamated, and
 subscdit antequam suppureret (i. e. per sputum prodiret) febre
has subsided before that it suppurated (i. e. was voided by spitting) fever
 adhuc manente, affert periculum, primum furoris, deinde
still continuing, it brings danger, first of madness, then
 interitus. Acutus dolor auris quoque, cum continua que
of death. Acute pain of the ear also, with continued and
 vehementi febre, sæpe turbat mentem; et juniores interdum
violent fever, often disturbs the mind; and younger persons sometimes

parum liquida est, circa aures futuram aliquam
 suppurationem esse denuntiat.

Hæc vero, cum sine febre quoque vel latentium, vel futurarum rerum notas habeant, multo certiora sunt, ubi febris accessit; atque etiam aliorum morborum tum signa nascuntur. Ergo protinus insania timenda est, ubi expeditior alicujus, quam sani fuit, sermo est, subitaque loquacitas orta est, et hæc ipsa solito audacior: aut ubi raro quis et vehementer spirat, venasque concitatas habet, præcordiis duris et tumentibus. Oculorum quoque fre-

quens motus, et in capitis dolore offusæ oculis tenebræ; vel, nullo dolore substante, somnus ereptus, continuataque nocte et die vigilia; vel prostratum contra consuetudinem corpus in ventrem, sic ut ipsius alvi dolor id non coëgerit; item, robusto adhuc corpore, insolitus dentium stridor, insania signa sunt. Si quid etiam abscessit, et antequam suppureret, manente adhuc febre, subscdit, periculum affert primum furoris, deinde interitus. Auris quoque dolor acutus, cum febre continua vehementique, sæpe mentem turbat; et ex eo casu ju-

moriuntur ex eo casu intra septimum diem; seniores
die from that accident within the seventh day; older persons
 tardius; quoniam neque experiuntur æque magnas febres
slower (last longer); because neither do they experience equally violent fevers
 neque æque insaniunt: ita sustinent dum is affectus
nor become equally insane: so they last until that affection
 vertatur in pus. Mammæ mulieris suffusæ sanguine, quoque
be changed into pus. The breasts of a woman suffused with blood, also
 testantur furorem venturum esse. Autem quibus sunt longæ
testify that madness will come on. But who have long
 febres, his erunt (pro habebunt) aut aliqui abscessus,
fevers, they will have either some abscesses (somewhere),
 aut dolores articularum. Quorum spiritus illiditur faucibus
or pains of the joints. Of whom the breath is forced from the fauces
 in febre, distentio nervorum instat his. Si angina
in fever, distention of the sinews (convulsions) threatens these. If angina
 finita est subito, id malum transit in pulmonem; que
has been terminated suddenly, that disorder passes into the lungs: and
 id sæpe occidit intra septimum diem: quod nisi incidat,
that often kills within the seventh day: which unless it happens,
 sequitur ut suppuret (impersonaliter) aliquā parte. Deinde
it follows that it suppurates (that pus forms) in some part. Then
 post longam resolutionem alvi, tormina; post hæc
after long purging of the belly, gripes (dysenteries); after the latter
 lævitas intestinorum oritur; post nimias destillationes,
a slipperiness of the intestines (lientery) arises; after violent catarrhs,
 tabes; post dolorem lateris vitia pulmonum;
consumption; after a pain of the side (pleurisy) diseases of the lungs; (peri-
 pneumonia); post hæc, insania; post magnos fervores corporis,
after these, insanity; after great heats of the body,
 rigor nervorum, aut distentio; ubi
stiffness of the tendons (tetanus, cramps, or spasm), or convulsions; when
 caput vulneratum est, delirium; ubi vigilia torsit,
the head has been wounded, delirium; when watching has tortured,
 distentio nervorum; ubi venæ super ulcera moventur
convulsions; when the vessels over ulcers are moved (pulsate)
 vehementer profluvium sanguinis (sc. fiet.) Vero
violently a flow of blood (will take place.) But
 suppuratio excitatur pluribus morbis. Nam si febres
suppuration is excited in many diseases. For if fevers
 sine dolore remanent longæ sine manifestâ
without pain remain (continue) long without a manifest

niores interdum intra septimum diem moriuntur; seniores tardius; quoniam neque æque magnas febres experiuntur, neque æque insaniunt: ita sustinent, dum is affectus in pus vertatur. Suffusæ quoque sanguine mulieris mammæ, furorem venturum esse, testantur. Quibus autem longæ febres sunt, his aut abscessus aliqui, aut articularum dolores erunt. Quorum faucibus in febre illiditur spiritus, instat his nervorum distentio. Si angina subito finita est, in pulmonem id malum transit; idque sæpe intra septimum diem occidit: quod

nisi incidat, sequitur ut aliqua parte suppuret. Deinde post alvi longam resolutionem, tormina; post hæc, intestinorum lævitas oritur; post nimias destillationes, tabes; post lateris dolorem, vitia pulmonum; post hæc, insania; post magnos fervores corporis, nervorum rigor, aut distentio; ubi caput vulneratum est, delirium; ubi vigilia torsit, nervorum distentio; ubi vehementer venæ super ulcera moventur, sanguinis profluvium. Suppuratio vero pluribus morbis excitatur. Nam si longæ febres sine dolore, sine manifesta causa

causa, id malum incumbit in aliquam partem; in junioribus
cause, that disease falls upon some part; in younger persons
 tamen; nam in senioribus quartana fere nascitur ex morbo
however; for in older persons a quartan generally arises from a disease
 ejusmodi. Suppuratio fit eadem, si præcordia
of that kind. Suppuration takes place the same (alike), if the præcordia
 dura dolentia non sustulerunt hominem ante
(being) hard (and) painful have not carried off the person before
 vicesimum diem, neque sanguis fluxit ex naribus, que maxime in
the twentieth day, nor has blood flowed from the nose, and most of all in
 adolescentibus; utique si inter principia fuerunt aut
youths; especially if at the beginning there have been either
 caligo oculorum aut dolores capitis: sed tum aliquid
dimness of the eyes or pains of the head: but then something
 abscedit in inferioribus partibus. Aut si præcordia habent
imposthumates in the inferior parts. Or if the præcordia have
 mollem tumorem, neque desinunt habere intra sexaginta dies,
a soft tumour, nor do they cease to have it within sixty days,
 que febris hæret per omne id tempus: sed tum
and the fever sticks (continues) during all that time: but then
 abscessus fit in superioribus partibus; ac si non fit
the abscess occurs in the superior parts; and if it does not take place
 inter viscera ipsa, erumpit circa aures. Que cum
amongst the viscera themselves, it breaks out about the ears. And as
 omnis longus tumor fere spectet ad suppurationem, is
every long tumour generally looks (tends) to suppuration, that
 (sc. tumor) qui est in procordiis tendit magis eo, quam is
which is in the præcordia tends more thither, than that
 qui est in ventre; is qui est supra umbilicum, quam
which is in the belly; that which is above the umbilicus, than
 is qui (est) infra. Si est etiam sensus lassitudinis in
that which is beneath. If there is also a sense of lassitude in
 febre, aliquid abscedit vel in maxillis vel in articulis.
fever, something is imposthumating either in the jaws or in the joints.
 Interdum quoque urina fertur diu sic tenuis et cruda,
Sometimes also the urine is voided a long time thus thin and crude,
 ut alia signa sunt salutaria; que ex eo casu
that (although) the other symptoms are salutary; and in that case
 abscessus plerumque fit infra transversum septum (quod Græci
an abscess generally takes place below the transverse septum (which the Greeks
 vocant διάφραγμα.) Dolor etiam pulmonis, si est
call diaphragm.) Pain also of the lung (peripneumony), if it is

remanent, in aliquam partem id malum in-
 cumbit; in junioribus tamen: nam in senioribus
 ex ejusmodi morbo quartana fere nascitur.
 Eadem suppuratio fit, si præcordia dura, do-
 lentia aut vicesimum diem hominem non sus-
 tulerunt, neque sanguis ex naribus fluxit,
 maximeque in adolescentibus; utique, si inter
 principia aut oculorum caligo, aut capitis do-
 lores fuerunt: sed tum in inferioribus partibus
 aliquid abscedit. Aut si præcordia tumorem
 mollem habent, neque habere intra sexaginta
 dies desinunt, hæretque per omne id tempus

febris: sed tum in superioribus partibus fit
 abscessus; ac si inter ipsa viscera non fit,
 circa aures erumpit. Cumque omnis longus
 tumor ad suppurationem fere spectet, magis
 eo tendit is, qui in præcordiis, quam is, qui in
 ventre est; is, qui supra umbilicum, quam is,
 qui infra est. Si lassitudinis etiam sensus in
 febre est, vel in maxillis, vel in articulis ali-
 quid abscedit. Interdum quoque urina tenuis
 et cruda sic diu fertur, ut alia salutaria signa
 sint; exque eo casu plerumque infra transver-
 sum septum (quod διάφραγμα Græci vocant)

finitus neque per sputa neque per detractiōnem
terminated neither by the spitting (expectoration) nor by abstraction
 sanguinis, neque per rationem victus, interdum excitat aliquas vomicas,
of blood, nor by the plan of diet, sometimes excites some vomicae,
 aut circa vicesimum, aut circa tricesimum, aut circa
either about the twentieth, or about the thirtieth, or about
 quadrigesimum, nonnumquam etiam circa sexagesimum diem. Autem
the fortieth, sometimes even about the sixtieth day. But
 numerabimus ab eo die quo aliquis primum febricitavit,
we shall reckon from that day on which the person first became feverish,
 aut inhorruit, aut sensit gravitatem ejus partis. Sed hæ vomicæ
or shivered, or felt a weight of that part. But these vomicae
 nascuntur modo a pulmone, modo a parte contraria.
arise sometimes in the lung, sometimes from (in) the part opposite.
 Quod suppurat concitat dolorem que inflammationem ab ea
What is suppurating excites pain and inflammation from (in) that
 parte quam afficit; ipsum (sc. quod suppurat) est calidius; et si
part which it affects; itself is hotter; and if
 aliquis decubuit in sanam partem videtur onerare eam ex
the person, has lain down upon the sound side he seems to load it from
 aliquo pondere. Etiam omnis suppuratio quæ nondum
(with) some weight. Also every suppuration which is not yet
 patet oculis potest deprehendi sic: si febris non
evident to the eyes may be detected thus (as follows): if the fever does not
 dimittit que ea est levior interdiu, increscit noctu;
leave off (intermit) and it is milder during the day, it increases at night;
 multus sudor oritur; est cupiditas tussendi, et pæne nihil
great sweating arises; there is a desire of coughing, and almost nothing
 exscreatur in tussi; oculi sunt cavi;
(scarcely any thing) is expectorated during the cough; the eyes are hollow;
 malæ rubent; venæ sub lingua inalbescunt; ungues in
the cheeks grow red; the veins under the tongue become white; the nails on
 manibus fiunt adunci; digiti, que maxime summi,
the hands become crooked; the fingers, and especially their extremities (tips),
 calent, sunt tumores in pedibus; spiritus trahitur
become hot (burn), there are swellings on the feet; the breath is drawn
 difficilius; est fastidium cibi; pustulæ oriuntur
more difficultly; there is loathing of food; pustules (pimples) arise
 toto corpore. Quod si protinus initio fuit
over the whole body. But if immediately from the beginning there has been
 dolor et tussis, et difficultas spiritus, vomica erumpet
pain and cough, and difficulty of the breathing, the vomica will break out

fit abscessus. Dolor etiam pulmonis, si neque
 per sputa, neque per sanguinis detractiōnem,
 neque per victus rationem finitus est, vomicas
 aliquas interdum excitat, aut circa vicesimum
 diem, aut circa tricesimum, aut circa quadra-
 gesimum, nonnumquam etiam circa sexage-
 simum. Numerabimus autem ab eo die, quo
 primum febricitavit aliquis, aut inhorruit, aut
 gravitatem ejus partis sensit. Sed hæ vomicæ
 modo a pulmone, modo a contraria parte nas-
 cuntur. Quod suppurat, ab ea parte, quam
 afficit, dolorem inflammationemque concitat;
 ipsum calidius est; et si in partem sanam

aliquis decubuit, onerare eam ex pondere ali-
 quo videtur. Omnis etiam suppuratio, quæ
 nondum oculis patet, sic deprehendi po-
 test: si febris non dimittit, eaque interdiu
 levior est, noctu increscit; multus sudor
 oritur; cupiditas tussendi est, et pæne nihil
 in tussi exscreatur; oculi cavi sunt; malæ
 rubent; venæ sub lingua inalbescunt; in ma-
 nibus fiunt adunci ungues; digiti, maximeque
 summi, calent; in pedibus tumores sunt; spi-
 ritus difficiliter trahitur; cibi fastidium est;
 pustulæ toto corpore oriuntur. Quod si pro-
 tinus initio dolor et tussis fuit, et spiritus dif-

vel ante vel circa vicesimum diem: si ista cæperint
 either before or about the twentieth day: if those (symptoms) have begun
 serius est necesse quidem increscant; sed quo
 later it is necessary indeed that they increase (they must increase); but the
 minus cito affecerint eo tardius solventur. Etiam
 less quickly they have affected the more slowly will they be resolved. Also
 gravi morbo pedes, cum digitis que unguibus, solent
 in a severe disease the feet, with the fingers and nails, are accustomed
 nigrescere: quod si mors non consecuta est, et reliquum corpus
 to grow black: which if death have not followed, and the rest (of) the body
 invaluit, pedes tamen decidunt.
 has recovered, the feet notwithstanding fall off.

CAP. VIII.
 CHAP. VIII.

Fausta et infausta (sc. signa) in singulis.
 The favourable and unfavourable in each.

Sequitur ut explicem proprias notas in quoque genere
 It follows that I explain the particular signs in each kind
 morbi, quæ ostendant vel spem vel periculum. Si urina
 of disease, which shew (afford) either hope or danger. If the urine
 processit purulenta, ex dolenti vesicâ, que læve et album
 has gone forth purulent, from a painful bladder, and a smooth and white
 (sc. sedimentum) subsedit in eâ (sc. urinâ), detrahit metum.
 sediment has subsided in it, it takes away fear (apprehension).
 In morbo pulmonis si dolor levatur sputo ipso,
 In disease of the lung (pneumonia) if the pain is relieved by the spitting itself,
 quamvis id (sc. sputum) est purulentum, tamen æger spirat
 although that is purulent, yet the patient breathes
 facile, excreat facile, non fert morbum ipsum difficulter,
 easily, expectorates easily, does not bear the disease itself difficultly,
 secunda valetudo potest contingere ei. Neque convenit terreri
 good health may befall him. Nor is it proper to be alarmed
 inter initia, si sputum est mixtum protinus quodam
 at the beginning, if the spitting is mixed at the first with something
 rufo, (ξημμέμυμενον τε φάνεσθαι τὸ ξανθὸν ισχυρῶς τῷ
 yellowish,

ficultas, vomica vel ante vel circa vicesimum diem erumpet: si serius ista cæperint, necesse est quidem increscant; sed quo minus cito affecerint, eo tardius solventur. Solent etiam in gravi morbo pedes cum digitis unguibusque nigrescere: quod si non est mors consecuta, et reliquum corpus invaluit, pedes tamen decidunt.

SEQUITUR, ut in quoque morbi genere proprias notas explicem, quæ vel spem, vel periculum ostendant. Ex vesica dolenti, si purulenta urina processit, inque ea læve et album subsedit, metum detrahit. In pulmonis morbo, si sputo ipso levatur dolor, quamvis id purulentum est, tamen æger facile spirat, facile excreat, morbum ipsum non difficulter fert, potest ei secunda valetudo contingere. Neque inter initia terreri convenit, si protinus sputum

CAP. VIII.—Fausta et infausta in singulis.—

πτυεῖν. Hip. Prænot. Sect. ii. 41.) et sanguine, dummodo statim
 and with blood, provided it be immediately
 edatur. Dolores laterum finiuntur, suppuratione
 put forth. Pains of the sides (pleurisies) are terminated, by suppuration
 factâ, deinde purgatâ intra quadregesimum. Si
 being established, afterwards being purged off within the fortieth day. If
 est vomica in jecinore, et purum et album pus fertur
 there is a vomica in the liver, and pure and white pus is discharged
 ex eâ (vomica) salus facilis ei (ægro): enim id malum
 from it safety (recovery) (is) easy to that patient: for that disease
 est in tunica. Vero ex suppurationibus eæ
 is (seated) in the tunic (the membrane). But of suppurations those
 sunt tolerabiles quæ feruntur in exteriorem partem, et
 are tolerable which are borne to the more external part, and
 acuuntur: at ex iis quæ procedunt intus,
 are sharpened (point outwardly): but of those which tend inwards,
 eæ leviores, quæ non afficiunt cutem contra se, quæ
 they (are) milder, which do not affect the skin opposite themselves, and
 sinunt eam esse et sine dolore, et ejûdem coloris
 permit it to be (remain) both without pain, and of the same colour
 cuius reliquæ partes sunt. Pus quoque, quâcunque parte
 of which the remaining parts are. Pus also, from whatever part
 erumpit, si est læve, album, et uniûs coloris, est
 it breaks out, if it is smooth, white, and of one (uniform) colour, is
 sine ullo metu; et quo (sc. pure) effuso febris
 without any fear; and on which being discharged the fever
 protinus conquievit, quæ fastidium cibi, et desiderium
 has immediately subsided, and the loathing of food, and desire
 potonis desierunt urgere. Si quando etiam suppuratio
 for drink have ceased to oppress. If at any time also a suppuration
 descendit in crura, quæ sputum ejûdem (sc. hominis) factum est
 has descended into the legs, and the spitting of the same (patient) has become
 purulentum pro rufo, est minus periculi. At in
 purulent instead of reddish, there is less danger. But in
 tabe sputum ejûs (sc. hominis,) qui futurus est
 consumption the spitting of that (patient,) who will become
 salvus, debet esse album, totum æquale, quæ ejûdem
 safe (will recover), ought to be white, whole (ly) uniform, and of the same
 coloris, sine pituitâ: quæ, si quid destillat in nares
 colour, without phlegm: and, if any thing drops down into the nose
 a capite, oportet esse simile ei. Est longe optimum
 from the head, it behoves that it be like to it. It is by far the best

tum mixtum est rufo quodam, et sanguine,
 dummodo statim edatur. Laterum dolores,
 suppuratione facta, deinde intra quadrage-
 simum diem purgata, finiuntur. Si in jecinore
 vomica est, et ex ea fertur pus purum et album,
 salus ei facilis: id enim malum in tunica est.
 Ex suppurationibus vero eæ tolerabiles sunt,
 quæ in exteriorem partem feruntur, et acuun-
 tur: at ex iis, quæ intus procedunt, eæ leviores,
 quæ contra se cutem non afficiunt, eamque et
 sine dolore et ejûdem coloris, ejus reliquæ
 partes sunt, sinunt esse. Pus quoque, quacun-

que parte erumpit, si est læve, album, et uniûs
 coloris, sine ullo metu est; et, quo effuso, fe-
 bris protinus conquievit, desieruntque urgere
 cibi fastidium et potonis desiderium. Si
 quando etiam suppuratio descendit in crura,
 sputumque ejûdem factum pro rufo purulen-
 tum est, periculi minus est. At in tabe ejus,
 qui salvus futurus est, sputum esse debet al-
 bum, æquale totum, ejûdemque coloris, sine
 pituita: eique etiam simile esse oportet, si quid
 in nares a capite destillat. Longe optimum
 est, febrem omnino non esse: secundum est,

febrem esse non omnino : secundum est esse
that fever be not at all (be no fever at all) : the second (next) is that it be
 tantulam ut neque impediatur cibum neque faciat crebram sitim.
so little that it neither hinder food nor cause frequent thirst.
 Ea alvus est tuta in hac valetudine, quæ
That belly (state of bowels) is safe in this disease, which (relieved)
 quotidie reddit coacta (sc. excrementa,) quæ ea convenientia
daily voids consistent (excrements,) and those agreeing
 iis quæ assumuntur; id corpus, quod est minime tenue,
with those things which are taken; that body, which is least thin,
 quæ maxime lati atque setosi pectoris, quæ cartilago cuius est
and of a very broad and hairy chest, and the cartilage of which is
 exigua et carnosa. Si menstrua quoque suppressa fuerunt mulieri
small and fleshy. If the menses also have been suppressed to a woman
 super tabem, et dolor mansit circa pectus atque
upon a consumption, and pain has remained about the breast and
 scapulas, quæ sanguis subito erupit, morbus solet
scapulæ, and the blood suddenly has broken forth, the disease is accustomed
 levari: nam et tussis minuitur, et sitis atque febricula
to be relieved: for both the cough is abated, and the thirst and feverishness
 desinunt. Sed fere iisdem nisi sanguis
cease. But mostly in the same (patients) unless the blood (menses)
 redit vomica erumpit, quæ quo cruentior, eo melior est.
returns, the vomica breaks, which the more bloody, the better it is.
 Autem aqua inter cutem est terribilis minime, quæ cepit
But (that) water within the skin (dropsy) is to be feared least, which began
 nullo morbo antecedente, deinde quæ supervenit longo morbo:
no disease preceding, then that which supervenes a chronic disease:
 utique si viscera sunt firma; si spiritus facilis; si
especially if the viscera are firm; if the breathing (is) easy; if (there is)
 nullus dolor; si corpus est sine calore, quæ est æqualiter macrum
no pain; if the body is without heat, and is equally lean
 in extremis partibus; si venter mollis; si nulla tussis;
in its extreme parts; if the belly (is) soft; if (there is) no cough;
 nulla sitis; si lingua ne inarescit quidem per somnum; si
no thirst; if the tongue does not become dry even during sleep; if
 est cupiditas cibi; si venter movetur medicamentis; si
there is a desire (appetite) for food; if the belly is moved by medicines; if
 excernit per se mollia et figurata (sc. excrementa;)
it excretes by itself (spontaneously) soft and figured (excrements;)
 si extenuatur (sc. venter); si urina mutatur et mutatione vini
if it is reduced; if the urine is changed both by change of wine

tantulam esse, ut neque cibum impediatur, neque crebram sitim faciat. Alvus in hac valetudine ea tuta est, quæ quotidie coacta, eaque convenientia iis, quæ assumuntur, reddit; corpus id, quod minime tenue, maximeque lati pectoris atque setosi est, cuiusque cartilago exigua, et carnosa est. Super tabem si mulieri suppressa quoque menstrua fuerunt, et circa pectus atque scapulas dolor mansit, subitoque sanguis erupit, levare morbus solet: nam et tussis minuitur, et sitis atque febricula desinunt. Sed iisdem fere, nisi redit sanguis,

vomica erumpit; quæ quo cruentior, eo melior est. Aqua autem inter cutem minime terribilis est, quæ nullo antecedente morbo cepit; deinde, quæ longo morbo supervenit: utique, si firma viscera sunt; si spiritus facilis; si nullus dolor; si sine calore corpus est, æqualiterque in extremis partibus macrum est; si venter mollis; si nulla tussis; nulla sitis; si lingua, ne per somnum quidem, inarescit; si cibi cupiditas est; si venter medicamentis movetur; si per se excernit mollia et figurata; si extenuatur; si urina, et vini mutatione, et

et aliquibus medicamentis epotis; si corpus est sine lassitudine, and by some medicines being drunk; if the body is without lassitude, et facile sustinet morbum: siquidem is, in quo omnia hæc and easily endures the disease: since he, in whom all these things sunt, est ex toto tutus: is, in quo plura ex his sunt, est in are, is entirely safe: he, in whom many of them are, is in bonâ spe. Vero vitia articularum, ut podagræ que chiragræ, si good hope. But diseases of the joints, as foot-gouts and hand-gouts, if tentarunt juvenes, neque induxerunt callum, possunt they have attacked young persons, nor have they brought on callus, may solvi: que leniuntur maxime torminibus, et quocunque modo be resolved: and are soothed" most by dysenteries, and by whatsoever means venter fluit. Item comitialis morbus (epilepsia) ortus the belly relaxes. Likewise the comitial disease (falling sickness) (that has) arisen ante pubertatem, finitur non ægre: et in quo before puberty, is terminated not difficultly (easily): and in whom sensus accessionis venientis incipit ab unâ parte a feeling of the accession approaching begins from a single part corporis, est optimum initium fieri a of the body, it is best that the beginning be made (take place) from manibus ve pedibus; deinde a lateribus; pessimum inter the hands or feet; next from the sides; the worst among hæc a capite. Atque in his quoque ea, quæ these from the head. And in these also those things, which excernuntur per dejectiones, prosunt maxime. Autem dejectio are voided by stools, benefit most. But the purging ipsa quæ est sine febre, est sine ullâ noxâ, si itself which is without fever, is without any injury, if celeriter desinit; si, ventre contractato, nullus motus ejûs it quickly ceases; if, on the belly being handled, no motion of it sentitur; si spiritus sequitur extremam alvum. is felt; if air (wind) follows the last (of the) stool (the end of the evacuation). Ac quidem tormina sunt ne periculosa, si And even gripes (dysenteries) are not dangerous, if sanguis et strigmenta (olei sordes) descendunt, blood and strigments (like leys of oil) descend (are discharged), dum febris que ceteræ accessiones hujûs provided fever and the other appendages (concomitants) of this morbi absint: adeo ut etiam gravis mulier possit non solum disease be absent: so that even a pregnant woman may not only reservari, sed etiam reservare partum. Que prodest be saved, but also preserve (retain) her foetus. And it is of advantage

epotis aliquibus medicamentis mutatur; si corpus sine lassitudine est, et morbum facile sustinet: siquidem in quo omnia hæc sunt, is ex toto tutus est; in quo plura ex his sunt, is in bonâ spe est. Articularum vero vitia, ut podagræ chiragræque, si juvenes tentarunt, neque callum induxerunt, solvi possunt: maximeque torminibus leniuntur, et quocunque modo venter fluit. Item morbus comitialis, ante pubertatem ortus, non ægre finitur: et in quo ab una parte corporis venientis accessionis sensus incipit, optimum est a manibus pedi-

busve initium fieri; deinde, a lateribus; pessimum inter hæc, a capite. Atque in his quoque ea maxime prosunt, quæ per dejectiones excernuntur. Ipsa autem dejectio sine ulla noxa est, quæ sine febre est; si celeriter desinit; si contractato ventre nullus motus ejus sentitur; si extremam alvum spiritus sequitur. Ac ne tormina quidem periculosa sunt, si sanguis et strigmenta descendunt, dum febris ceteræque accessiones hujus morbi absint: adeo ut etiam gravis mulier, non solum reservari possit, sed etiam partum re-

in hoc morbo, si aliquis jam processit ætate. Contra
in this disease, if a person already has advanced in age. On the contrary
lævitas intestinorum depellitur facilius a teneris
a slipperiness of the guts (lientery) is driven off more easily by the tender
ætatibus; utique si urina incipit ferri, et corpus
ages; especially if the urine begins to be voided, and the body
ali cibo. Eadem ætas prodest in dolore et
to be nourished by food. The same age is advantageous in pain both
coxæ, et humerorum, et in omni resolutione
of the hip, and of the arms, and in every (kind of) resolution
nervorum. Ex quibus coxa si est sine torpore,
of the tendons (palsy). Of which the hip if it is without torpor
si friget leviter; quamvis habet magnos
(numbsness), if it is cold in a slight degree; although it has severe
dolores, tamen sanatur et facile et mature: que
pains, notwithstanding is cured both easily and quickly: and
resolutum membrum, si alitur, potest nihilo minus
a palsied limb, if it is nourished, may nevertheless
fieri sanum. Resolutio oris etiam finitur citâ
become sound (recover). A palsy of the mouth also is terminated by a quick
alvo. Que omnis dejectio prodest lippienti. At
belly. And every (kind of) purging benefits a sore eyed person. But
varix ortus, vel subita profusio sanguinis
varix (a varicose tumour) (having) arisen, or a sudden profusion of blood
per ora venarum, vel tormina, tollunt
by the mouths of the veins (hæmorrhoids), or dysenteries, remove
insaniam. Dolores humerorum qui tendunt ad scapulas
madness. Pains of the arms which extend to the scapulæ (shoulders)
vel manus, solvuntur vomitu atræ-bilis: et quisquis
or hands, are resolved by the vomiting of atra-bile: and whatever
dolor tendit deorsum est sanabilior. Singultus finitur
pain goes downwards is more curable. Hiccup is terminated
sternutamento. Vomitus supprimit longas dejectiones. Mulier vomens
by sneezing. Vomiting suppresses long purgings. A woman vomiting
sanguinem, liberatur menstruis profusis. (Mulier) quæ non
blood, is freed by the menses being poured forth. (She) who is not
purgatur menstruis, si fudit sanguinem ex naribus, vacat
purged by the menses, if she has poured blood from the nose, is free from
omni periculo. Quæ laborat locis (sc. hystericis: ὑπὸ ὕστερίχῳν,
all danger. Who suffers from diseases of the uterus
Hîp. Aph. v. 34.) aut edit partum difficulter, levatur
or puts forth her offspring with difficulty, is relieved

servare. Prodestque in hoc morbo, si jam ætate aliquis processit. Contra, intestinorum lævitas facilius a teneris ætatibus depellitur; utique, si ferri urina, et ali cibo corpus incipit. Eadem ætas prodest et in coxæ dolore, et humerorum, et in omni resolutione nervorum. Ex quibus coxa, si sine torpore est, si leviter friget; quamvis magnos dolores habet, tamen et facile et mature sanatur: resolutumque membrum, si nihilo minus alitur, fieri sanum potest. Oris resolutio etiam alvo citâ finitur. Omnisque dejectio lippienti prodest. At varix

ortus, vel per ora venarum subita profusio sanguinis, vel tormina, insaniam tollunt. Humerorum dolores, qui ad scapulas vel manus tendunt, vomitu atræ bilis solvuntur: et quisquis dolor deorsum tendit, sanabilior est. Singultus sternutamento finitur. Longas dejectiones supprimit vomitus. Mulier sanguinem vomens, profusis menstruis, liberatur. Quæ menstruis non purgatur, si sanguinem ex naribus fudit, omni periculo vacat. Quæ locis laborat, aut difficulter partum edit, sternutamento levatur. Æstiva quartana fere

sternutamento. *Æstiva quartana* (sc. febris) est fere brevis. Ei cui
by sneezing. A summer quartan is generally short. To him who
 est calor et tremor delirium est (pro affert) salutē. Tormina
has heat and tremour delirium brings safety. Dysenteries
 sunt bono lienosis. Denique, febris ipsa, quod potest
bring good (relief) to splenetics. Lastly, fever itself, which may
 videri maxime mirum, sæpe est præsidio. Nam et finit
seem very wonderful, often brings protection. For it both terminates
 dolores præcordiorum, si sunt sine inflammatione; et succurrit
pains of the præcordia, if they are without inflammation; and relieves
 dolori jecinoris; et ex toto tollit distentionem et rigorem
pain of the liver; and entirely removes distention and stiffness
 nervorum si cæpit postea; et
of the tendons (convulsions and tetanus) if it has begun afterwards; and
 levat morbum tenuloris intestini ortum ex difficultate
relieves disease of the smaller intestine (that has) arisen from difficulty
 urinæ, si movet urinam per calorem. At dolores
of urine, if (provided) it excites the urine by the heat. But pains
 capitis, quibus accedunt caligo oculorum, et rubor
of the head, to which are added dimness of the eyes, and redness
 cum quâdam prurigne frontis, submoventur profusione
with some itching of the forehead, are removed by a flow
 sanguinis vel fortuitâ vel etiam petitiâ. Si
of blood either accidental or even sought (excited by art). If
 dolores capitis ac frontis sunt ex vento,
pains of the head and forehead are (arise) from (exposure to) the wind,
 vel frigore, aut æstu, finiuntur gravedine et
or cold, or heat, they are ended by a stuffing of the head and
 sternutamentis. Autem subitus horror exsolvit ardentem febrem,
by sneezings. But sudden shivering resolves an ardent fever,
 quam Græci vocant καυσώδη. Si aures sunt obtusæ in
which the Greeks call causode. If the ears are obtuse in
 febre, si sanguis fluxit e naribus, aut venter resolutus est,
fever, if blood has flowed from the nostrils, or the belly has been relaxed,
 illud malum desinit ex toto. Nihil potest plus adversus
that disorder ceases altogether. Nothing can (avail) more against
 surditatem quam biliosa alvus. Quibus minuti abscessus, quos
deafness than a bilious belly (stool). To whom small abscesses, which
 Græci vocant φύματα, cœperunt esse in fistulâ urinæ,
the Greeks call phumata, have begun to be in the pipe of the urine (urethra),
 sanitas redditur iis, ubi pus profluxit eâ parte,
health is restored to them, when pus has flowed forth from that part.

brevis est. Cui calor et tremor est, salutē delirium est. Lienosis bono tormina sunt. Denique ipsa febris, quod maxime mirum videri potest, sæpe præsidio est. Nam et præcordiorum dolores, si sine inflammatione sunt, finit; et jecinoris dolori succurrit; et nervorum distentionem rigoremque, si postea cæpit, ex toto tollit; et ex difficultate urinæ morbum tenuloris intestini ortum, si urinam per calorem movet, levat. At dolores capitis, quibus oculorum caligo, et rubor cum quâdam frontis prurigne accedunt, sanguinis profusione, vel

fortuita, vel etiam petita, submoventur. Si capitis ac frontis dolores ex vento, vel frigore, aut æstu sunt, gravedine et sternutamentis finiuntur. Febrem autem ardentem, quam Græci καυσώδη vocant, subitus horror exsolvit. Si in febre aures obtusæ sunt, si sanguis e naribus fluxit, aut venter resolutus est, illud malum desinit ex toto. Nihil plus adversus surditatem, quam biliosa alvus potest. Quibus in fistula urinæ minuti abscessus, quos φύματα Græci vocant, esse cœperunt, iis, ubi pus ea parte profluxit, sanitas redditur. Ex quibus

MEDICINÆ LIB. II.

Cum Since	pleraque most	ex of	quibus (sc. signis bonis) which	proveniant happen	per by
se, themselves (spontaneously),		licet be it	scire, known,	naturam that nature	posse avails
inter amongst	ea those things	quoque, also,	quæ which	ars art	adhibet. administers.
Contra On the contrary	si if	caput the head	dolet is painful	continenti in continual	febre, neque fever, nor
quidquam (remittit, any thing	malum the disorder	est is	atque equally	mortiferum; deadly;	que and
id that	periculum danger	est is (threatens)	pueris children	maxime most of all	a septimo anno from the seventh year
quartumdecimum. the fourteenth.	In morbo In disease	pulmonis, of the lungs,	si if	non fuit there has not been	sputum spitting
primis diebus, in the first days,	deinde then	cæpit it has begun	a septimo, from the seventh,	et and	mansit has remained
ultra septimum, beyond the seventh (the second seventh),	est it is	periculosum; dangerous;	que and	quanto by how much	
habet it has	colores magis the colours more	mixtos, mixed,	neque nor	diductos inter divided amongst	se; themselves (distinct);
tanto by so much	deterius. the worse.	Et And	tamen still	nihil nothing	est is
id (sc. sputum) that it	edi be sent forth	sincrum; pure (unmixed);	sive whether it is	est reddish,	sive or
cruentum, bloody,	sive or	album, white,	sive or	glutinosum, glutinous,	sive or
spumans: frothing:	tamen however	nigrum black	est is	pessimum. the worst.	Tussis, Cough,
periculosa dangerous	in in	eodem the same	morbo; disease;	etiam also	sternutamentum, sneezing,
alias otherwise	habetur is considered	salutare; salutary;	que, and,	si if	subita dejectio sudden purging
hæc, these things,	est it is	periculosissimum. most dangerous.	Vero But	signa the signs	quæ which
esse to be	et both	mitiora milder	et and	asperiora severer	in in (pains)
sunt are	fere mostly	eadem the same (of like import)	in in	doloribus pains	lateris. of the side (pleurisies).
Si If	cruentum bloody	pus pus	exit goes out	ex from	jocinore, the liver,
At But	ex of	suppuracionibus suppurations	est those	sunt are	pessimæ, the worst,
				quæ which	tendunt tend

cum pleraque per se proveniant, scire licet, inter ea quoque, quæ ars adhibet, naturam plurimum posse.

Contra, si caput febre continenti dolet, neque quidquam reddit, malum atque mortiferum est; maximeque id periculum est pueris, a septimo anno ad quartumdecimum. In pulmonis morbo, si sputum primis diebus non fuit, deinde a septimo die cæpit, et ultra septimum mansit, periculosum est; quantoque magis mixtos, neque inter se diductos colores habet, tanto deterius. Et tamen nihil pejus est, quam

sincrum id edi; sive rufum est, sive cruentum, sive album, sive glutinosum, sive pallidum, sive spumans: nigrum tamen pessimum est. In eodem morbo periculosa sunt, tussis, destillatio; etiam, quod alias salutare habetur, sternutamentum: periculosissimumque est, si hæc secuta subita dejectio est. Fere vero quæ in pulmonis, eadem in lateris doloribus, et mitiora signa, et asperiora esse consuerunt. Ex jocinore si pus cruentum exit, mortiferum est. At ex suppuracionibus em pessimæ sunt, quæ intus tendunt, sic ut exteriorem quoque

intus sic ut quoque decolorent exteriorem cutem; deinde
inwardly so that they likewise discolour the outward skin; next
 ex iis quæ prorumpunt in exteriorem partem, quæ
of those which break forth towards the outer part, those which
 sunt maximæ quæ quæ planissimæ. Quod si febris ne
are largest and which (are) flattest. But if the fever has not
 quievit vomica quidem rupta, vel pure emisso
subsided on the vomica even being broken, or the pus being evacuated
 extrinsecus, aut quamvis quieverit tamen repetit; item
outwardly, or although it should subside nevertheless returns; likewise
 si est sitis, si (est) fastidium cibi, si venter (est)
if there is thirst, if (there is) loathing of food, if the belly (is)
 liquidus, si pus est lividum et pallidum; si æger exscreat
liquid, if the pus is livid and pale; if the patient expectorates
 nihil nisi spumantem pituitam, est certum periculum.
nothing unless (only) frothing phlegm, there is certain danger.
 Atque quidem senes fere moriuntur ex iis suppurationibus
And indeed old men mostly die of those suppurations
 quas morbi pulmonum concitarunt: juniores ex ceteris.
which diseases of the lungs have excited: the younger persons of the others.
 At in tabe mixtum purulentum sputum, assidua febris,
But in consumption a mixed purulent spitting, incessant fever,
 quæ et eripit tempora cibi et affligit siti,
which both takes away the times of food (the appetite) and afflicts by thirst,
 in tenui corpore, testantur periculum subesse. Si quis
in a slender body, testify that danger exists. If a person
 etiam traxit diutius in eo morbo, ubi capilli fluunt;
even has lasted longer in that disease, when the hair(s) fall off;
 ubi urina ostendit quædam subsidentia similia araneis; atque
when the urine shews some things subsiding similar to cobwebs; and
 est fædus odor in his; quæ maxime ubi dejectio
there is a foul smell in these; and especially when purging
 orta est post hæc, moritur protinus: utique si est
has arisen after these things, he dies immediately: especially if it is
 tempus autumnii, quo fere qui traxerunt cetera
the time of autumn, in which commonly (they) who have lived the other
 parte anni resolvuntur. Item expuisse pus in hoc
part of the year are carried off. Also to have spit up pus in this
 morbo, deinde desisse ex toto spuerè, est mortiferum.
disease, then to have ceased altogether to spit, is deadly.
 Vomica ve fistula etiam solent oriri in adolescentibus
Vomica or fistula also are accustomed to arise in young persons

cutem decolorent: ex iis deinde, quæ in exte-
 riorem partem prorumpunt, quæ maximæ,
 quæque planissimæ sunt. Quod si, ne rupta
 quidem vomica, vel pure extrinsecus emisso,
 febris quievit, aut quamvis quieverit, tamen
 repetit; item si sitis est, si cibi fastidium, si
 venter liquidus, si pus est lividum et palli-
 dum; si nihil æger exscreat, nisi pituitam spu-
 mantem, periculum certum est. Atque ex iis
 quidem suppurationibus, quas pulmonum
 morbi concitantur, fere senes moriuntur: ex
 ceteris juniores. At in tabe sputum mixtum

purulentum, febris assidua, quæ et cibi tem-
 pora eripit, et siti affligit, in corpore tenui
 periculum subesse testantur. Si quis etiam in
 eo morbo diutius traxit, ubi capilli fluunt;
 ubi urina quædam araneis similia subsidentia
 ostendit, atque in his odor fædus est; maxime
 quæ ubi post hæc orta dejectio est, protinus
 moritur: utique, si tempus autumnii est, quo
 fere, qui cetera parte anni traxerunt, resolvun-
 tur. Item pus expuisse in hoc morbo, deinde
 ex toto spuerè desisse, mortiferum est. Solent
 etiam in adolescentibus ex eo morbo vomica

ex eo morbo; quæ non facile sanescunt nisi si multa
from that disease; which do not easily get well unless when many
 signa bonæ valetudinis subsecuta sunt. Vero ex reliquis, virgines
signs of good health have followed. — But of the rest, virgins
 sanantur minime facile, aut eæ mulieres quibus super tabem
are cured least easily, or those women to whom upon consumption
 menstrua suppressa sunt. Vero (ei) pereundum (est) intra septimum
the menses have been suppressed. But (he) must perish within the seventh
 diem, cui sano subitus dolor capitis ortus est, dein
day, to whom (when) healthy a sudden pain of the head has arisen, afterwards
 somnus oppressit, sic ut stertat, neque expergiscatur; magis,
sleep has oppressed, so that he snore, nor does he awake; the more,
 cum cita alvus non antecesserit, si palpebræ dormientis
when a quick belly has not preceded, if the eyelids of (him) sleeping
 non coeunt, sed album oculorum apparet. Quos tamen
does not unite (close), but the white of the eyes appears. Whom however
 mors ita sequitur, si id malum non discussum est febre.
death thus follows, if that disorder has not been shaken off by fever.
 At aqua inter cutem, si cœpit ex acuto morbo, raro perducitur
But dropsy, if it began from an acute disease, seldom is brought
 ad sanitatem: utique si contraria iis quæ posita sunt
to health (cured): especially if the opposites to those which have been laid down
 supra subsequuntur. Tussis quoque æque tollit spem in ea
above follow. Cough also in like manner takes away hope in it:
 (sc. aquâ inter, &c.): item si sanguis erupit sursum que deorsum,
likewise if blood has broken out upwards and downwards,
 et aqua implevit medium corpus. Quibusdam etiam
and water has filled (occupied) the middle (of the) body. To some also
 in hoc morbo tumores oriuntur, deinde desinunt, deinde rursus
in this disease tumours arise, afterwards cease (subside), then again
 assurgunt. Hi quidem sunt tutiores quam qui
rise up. They indeed are safer than (those) who
 comprehensi sunt supra, si attendunt; sed fere opprimuntur
have been mentioned above, if they take cure; but generally they are carried off
 fiduciâ secundæ valetudinis. Aliquis jure mirabitur illud,
by their confidence of good health. A person justly will wonder at this,
 quomodo quædam simul et affligant nostra corpora et aliquâ parte
how certain things at the same time both afflict our bodies and in some degree
 tueantur. Nam, sive aqua inter cutem implevit quem, sive
preserve them. For, whether water within the skin has filled any one, or
 multum puris coit in magno abscessu, effudisse
much (a great deal) of pus has collected in a large abscess, to have evacuated

fistulæve oriri; quæ non facile sanescunt, nisi si multa signa bonæ valetudinis subsecuta sunt. Ex reliquis vero minime facile sanantur virgines, aut eæ mulieres, quibus super tabem menstrua suppressa sunt. Cui vero sano subitus dolor capitis ortus est, dein somnus oppressit, sic ut stertat, neque expergiscatur, intra septimum diem pereundum est; magis, cum alvus cita non antecesserit, si palpebræ dormientis non coeunt, sed album oculorum apparet. Quos tamen ita mors sequitur, si id malum non est febre discussum. At aqua inter cutem, si ex acuto morbo cœpit, ad sanitatem

raro perducitur: utique si contraria iis, quæ supra posita sunt, subsequuntur. Æque in ea quoque tussis spem tollit: item, si sanguis sursum deorsumque erupit, et aqua medium corpus implevit. Quibusdam etiam in hoc morbo tumores oriuntur, deinde desinunt, deinde rursus assurgunt. Hi tutiores quidem sunt, quam qui supra comprehensi sunt, si attendunt; sed fere fiducia secundæ valetudinis opprimuntur. Illud jure aliquis mirabitur, quomodo quædam simul et affligant nostra corpora, et parte aliqua tueantur. Nam, sive aqua inter cutem quem implevit, sive in magno

id omne simul est mortiferum, æque ac si quis
that all (the whole of it) at once, is fatal, the same as if any one
 sani corporis factus est exsanguis vulnere. Vero cui articuli
of a sound body was rendered bloodless by a wound. But to whom the joints
 dolent, sic ut quædam tubercula ex callo innata sint super
are painful, so that some tubercles from callus have grown upon
 eos (sc. articuli), nunquam liberantur: que quæ vitia eorum
them, they never are freed: and whatever disorders of them
 (sc. articularum) vel cœperunt in senectute, vel pervenerunt
either have begun in old age, or have arrived (continued)
 ab adolescentiâ in senectutem, ut aliquando possunt leniri,
from youth to old age, as (though) sometimes they may be soothed,
 sic nunquam finiuntur ex toto. Quoque comitalis morbus
(so) yet they never are terminated entirely. Also epilepsy
 ortus post quintum et vicesimum annum curatur ægre;
(that has) arisen after the five and twentieth year is cured difficultly;
 que multo ægrius is (sc. morbus) qui cœpit post
and much more difficultly that which has begun after
 quadragesimum annum; adeo ut in eâ ætate sit aliquid
the fortieth year; so that at that age there may be something
 spei in naturâ, vix quidquam in medicinâ. In eodem
of hope in (from) nature, scarcely any thing in medicine. In the same
 morbo, si totum corpus simul afficitur, neque ante est
disease, if the entire body is at once affected, nor before is there
 aliquis sensus mali venientis in partibus, sed homo ex improviso
any sense of the fit coming on in parts, but the person suddenly
 concidit, is, cuiuscunque ætatis est, vix sanescit: vero
falls down, that person, of whatever age he is, scarcely gets well: but
 si aut mens læsa est, aut resolutio nervorum
if either the mind (intellects) has been injured, or palsy
 facta, est non locus medicinæ. Quoque si
established (come on), there is not (no) place for medicine. Also if
 febris accessit dejectionibus; si inflammatio jecinoris, aut
fever has been added to purgings; if inflammation of the liver, or
 præcordiorum, aut ventris; si immodica sitis; si longius tempus;
of the præcordia, or of the belly; if immoderate thirst; if a long time
 si varia alvus (sc. accessit dejectionibus), si est cum
(continuance); if variously coloured stools, if it is with
 dolore, subest periculum etiam mortis; que maxime si inter hæc
pain, there is danger also of death; and especially if during these
 tormina cœperunt esse vetera. Que is morbus
the gripes (dysentery) have begun to be old (to inveterate). And that disease

abscessu multum puris coit, simul id omne effudisse, æque mortiferum est, ac si quis sani corporis vulnere factus exsanguis est. Articuli vero cui sic dolent, ut super eos ex callo quædam tubercula innata sint, nunquam liberantur: quæque eorum vitia vel in senectute cœperunt, vel in senectutem ab adolescentia pervenerunt, ut aliquando leniri possunt, sic nunquam ex toto finiuntur. Morbus quoque comitalis post annum quintum et vicesimum ortus ægre curatur; multoque ægrius is, qui post quadragesimum annum cœpit; adeo ut in ea ætate

aliquid in natura spei, vix quidquam in medicina sit. In eodem morbo, si simul totum corpus afficitur, neque ante in partibus aliquis venientis mali sensus est, sed homo ex improviso concidit, cuiuscunque is ætatis est, vix sanescit: si vero aut mens læsa est, aut nervorum facta resolutio, medicinæ locus non est. Dejectionibus quoque si febris accessit; si inflammatio jecinoris, aut præcordiorum, aut ventris; si immodica sitis; si longius tempus; si alvus varia; si cum dolore est, etiam mortis periculum subest: maximeque, si inter hæc tormina

maxime absumit pueros, usque ad decimum annum: ceteræ ætates
mostly takes off boys, up to the tenth year; the other ages
 facilius sustinent. Gravida mulier quoque potest rapi
more easily endure it. A pregnant woman also may be carried off
 casu ejûsmodi; atque etiamsi ipsa convaluit, tamen
by a mishap of this sort; and although she herself has recovered, notwithstanding
 perdit partum. Quin etiam tormina orsa ab atrâ-bile
she loses her offspring. Moreover dysenteries that have arisen from atra-bile
 sunt mortifera; aut si sub his, corpore jam extenuato,
are fatal; or if during these, the body being already extenuated (reduced),
 nigra alvus profluxit subito. At lævitas intestinorum est periculosior
a black stool has flowed forth suddenly. But lientery is more dangerous
 si dejectio est frequens; si venter profluit omnibus horis
if the purging is frequent; if the belly flows (is purged) at all hours
 et cum sono et sine hoc; si similiter
both with a sound (rumbling) and without it; if in like manner
 (fit) noctu et interdiu; si quod excernitur est aut crudum
(it continues) night and day; if what is excreted is either crude
 aut nigrum, et, præter id, etiam læve, et mali odoris; si
or black, and, besides that, also smooth, and of a bad smell; if
 sitis urget; si urina non redditur post potionem, quod
thirst urges; if the urine is not voided after drink(ing), which
 evenit, quia tunc omnis liquor descendit, non in vesicam,
happens, because then all the fluid descends, not into the bladder,
 sed in intestina; si os exulceratur, facies rubet, et
but into the intestines; if the mouth is ulcerated, the face becomes red, and
 distinguitur quasi quibusdam maculis omnium colorum; si
is distinguished (marked) as if with some spots of all colours; if
 venter est quasi fermentatus, pinguis et rugosus;
the belly is as it were fermented (puffed up), fat and wrinkled;
 et si est non cupiditas cibi. Cum inter hæc mors est
and if there is not a desire for food. Whereas amongst these death is
 evidens, est multo evidentior, si id vitium est quoque longum;
evident, it is much more evident, if that disease is also (of) long (standing);
 maxime etiam si est in senili corpore. Vero si morbus est
especially also if it is in an old body. But if the disease is
 in tenuiore intestino, vomitus, singultus, distentio nervorum, delirium,
in the smaller intestine, vomiting, hiccup, convulsions, delirium,
 sunt mala. At in arquato morbo jecur fieri
are bad. But in the arched disease (jaundice) that the liver should become
 durum, est perniciosissimum. Quos lienis habet male,
hard (indurated), is most pernicious. Whom the spleen affects badly,

vetera esse cœperunt. Isque morbus maxime pue-
 ros absumit usque ad annum decimum: ceteræ
 ætates facilius sustinent. Mulier quoque gravi-
 da ejusmodi casu rapi potest; atque etiamsi ipsa
 convaluit, partum tamen perdit. Quin etiam
 tormina ab atra bile orsa mortifera sunt; aut
 si sub his, extenuato jam corpore, subito nigra
 alvus profluxit. At intestinorum lævitas pe-
 riculosior est, si frequens dejectio est; si venter
 omnibus horis et cum sono, et sine hoc profluit;
 si similiter noctu et interdiu; si, quod excernitur,
 aut crudum est, aut nigrum, et, præter
 id, etiam læve, et mali odoris; si sitis urget;

si post potionem urina non redditur, quod eve-
 nit, quia tunc liquor omnis non in vesicam,
 sed in intestina descendit; si os exulceratur,
 rubet facies, et quasi maculis quibusdam colo-
 rum omnium distinguitur; si venter est quasi
 fermentatus, pinguis atque rugosus; si et cibi
 cupiditas non est. Inter quæ cum evidens mors
 sit, multo evidentior est, si jam longum quo-
 que id vitium est; maxime etiam, si in corpore
 senili est. Si vero in tenuiore intestino morbus
 est, vomitus, singultus, nervorum distentio,
 delirium, mala sunt. At in morbo arquato,
 durum fieri jecur, perniciosissimum est. Quos

si tormina prehenderunt, deinde versa sunt vel in
 if dysenteries have seized them, then have been turned (converted) either into
 aquam inter cutem, vel in lævitatem intestinorum, vix ulla
 water within the skin (dropsy), or into lientery, scarcely any
 medicina subtrahit periculo. Morbus tenuioris intestini,
 medicine withdraws from the danger. Disease of the small intestine,
 nisi resolutus est, occidit intra septimum diem. Muller ex
 unless it has been resolved, kills within the seventh day. A woman after
 partu, si cum febre etiam premitur vehementibus
 bringing forth (a puerperal), if with fever she also is oppressed with violent
 et assiduis doloribus capitis, est in periculo mortis. Si est
 and constant pains of the head, is in danger of death. If there is
 dolor atque inflammatio in iis partibus quibus viscera continentur,
 pain and inflammation in those parts in which the viscera are contained,
 spirare frequenter est malum signum. Si dolor capitis est
 to breathe frequently is a bad sign. If pain of the head is
 longus sine causâ, et transit in cervices et scapulas,
 long (continued) without a cause, and passes into the neck and scapulæ,
 que rursus revertitur in caput, aut pervenit ad cervices et
 and again returns into the head, or comes to the neck and
 scapulas a capite, est perniciosus: nisi excitavit aliquam
 shoulders from the head, it is pernicious: unless it has excited some
 vomicam, sic ut pus extussiretur; aut nisi sanguis
 vomica, so that the pus might be coughed out; or unless blood
 prorupit ex aliquâ parte; aut nisi multa porrigo (orta est)
 has broken forth from some part; or unless a copious scurf (has arisen)
 in capite, ve pustulæ ortæ sunt toto corpore. Malum
 on the head, or pustules have arisen all over the body. The evil (danger)
 est æque magnum, ubi torpor atque prurigo pervagantur,
 is equally great, when torpor and itching wander about,
 modo per totum caput, modo in parte; aut est
 sometimes over the whole head, sometimes in a part; or there is
 sensus ibi quasi alicujus frigoris, que ea perveniunt quoque
 a sensation there as if of some cold, and they come also
 ad summam linguam. Et cum in iisdem (sc. casibus) sit
 to the tip (of the) tongue. And though in the same there is
 auxilium abscessibus, tamen sanitas est eo difficilior quo illi
 assistance from the abscesses, yet health is the more difficult as they
 minus sæpe subsequuntur sub his malis. Vero in doloribus
 less frequently follow after from these diseases. But in pains
 coxæ, si est vehemens torpor, que crus et coxa
 of the hip, if there is violent numbness, and the leg and hip

lienis male habet, si tormina prehenderunt,
 deinde versa sunt vel in aquam inter cutem,
 vel in intestinorum lævitatem, vix ulla medi-
 cina periculo subtrahit. Morbus intestini te-
 nuioris nisi resolutus est, intra septimum diem
 occidit. Mulier ex partu, si cum febre vehe-
 mentibus etiam et assiduis capitis doloribus
 premitur, in periculo mortis est. Si dolor
 atque inflammatio est in iis partibus, quibus
 viscera continentur, frequenter spirare, signum
 malum est. Si sine causa longus dolor capitis
 est, et in cervicem ac scapulas transit, rursus-
 que in caput revertitur, aut a capite ad cer-

vices scapulasque pervenit, perniciosus est:
 nisi vomicam aliquam excitavit, sic ut pus
 extussiretur; aut nisi sanguis ex aliqua parte
 prorupit; aut nisi in capite multa porrigo,
 totove corpore pustulæ ortæ sunt. Æque mag-
 num malum est, ubi torpor atque prurigo per-
 vagantur, modo per totum caput, modo in
 parte; aut sensus alicujus ibi quasi frigoris
 est; eaque ad summam quoque linguam perve-
 niunt. Et cum in iisdem abscessibus auxilium
 sit, eo tamen difficilior sanitas est, quo minus
 sæpe sub his malis illi subsequuntur. In coxæ
 vero doloribus, si vehemens torpor est, frige-

frigescit; alvus, nisi coacta, non reddit, que id quod
become cold; the belly, unless forced, does not void, and that which
 excernitur est mucosum; que ætas ejus hominis jam excessit
is excreted is mucous; and the age of that person already has exceeded
 quadragessimum annum; is morbus erit longissimus, que minimum annuus;
the fortieth year; that disease will be very long, and at the least a yearly
 neque poterit finire, nisi aut vere
(for a year); nor will it (be able) (to) be terminated, except either in spring
 aut autumnno. Curatio est æque difficilis, in eadem ætate, ubi
or autumn. The cure is equally difficult, in the same age, when
 dolor humerorum vel pervenit ad manus vel tendit ad
pain of the arms either comes to the hands or goes to
 scapulas, que creat torporem et dolorem, neque levatur vomitu
the shoulders, and causes numbness and pain, nor is it relieved by vomiting
 bilis. Vero quæcunque parte corporis aliquod membrum
of bile. But in whatever part of the body any (a) limb
 resolutum est, si neque movetur et
has been palsied, if neither is it moved (has lost the power of motion) and
 emacrescit, non revertitur in pristinum habitum; que eo minus
it wastes, it does not return to its former habit; and the less
 quo vetustius id vitium est, et quo magis est in senili corpore.
the older that disease is, and the more it is in an old body.
 Que omni resolutioni nervorum, hiems et autumnus sunt non
And for every resolution of the tendons, winter and autumn are not
 idonea tempora ad medicinam: aliquid potest sperari vere
proper times for medicine: something may be hoped (for) in spring
 et ætate. Que is morbus mediocris vix sanatur,
and summer. And that disease (when) slight scarcely is cured,
 vehemens potest non sanari. Etiam omnis dolor qui procedit
when violent it cannot be cured. Also every pain which proceeds
 sursum minus patet medicinæ. Si mammæ subito
upwards is less open to medicine. If the breasts suddenly
 emacuerunt gravidæ mulieri est periculum abortus.
have emaciated (shrunk) in a pregnant woman there is danger of abortion.
 Quæ neque peperit, neque est gravida, si habet lac,
Who neither has borne, nor is pregnant, if she has milk,
 defecta est a menstruis. Autumnalis
she has been deserted by her menses (the menses are suppressed). An autumnal
 quartana est fere longa; que maxime quæ cœpit hieme
quartan is mostly long; and especially that which has begun the winter
 appropinquante. Si sanguis profluxit, deinde dementia secuta est cum
approaching. If blood has flowed, then madness has followed with

scitque crus et coxa; alvus nisi coacta non reddit, idque quod excernitur, mucosum est; jamque ætas ejus hominis quadragessimum annum excessit; is morbus erit longissimus, minimumque annuus; neque finire poterit, nisi aut vere, aut autumnno. Difficilis æque curatio est, in eadem ætate, ubi humerorum dolor vel ad manus pervenit, vel ad scapulas tendit, torporemque et dolorem creat, neque bilis vomitu levatur. Quæcunque vero parte corporis membrum aliquod resolutum est, si neque movetur, et emacrescit, in pristinum ha-

bitum non revertitur; eoque minus, quo vetustius id vitium est, et quo magis in corpore senili est. Omnique resolutioni nervorum ad medicinam non idonea tempora sunt hiems et autumnus: aliquid sperari potest vere et ætate. Isque morbus mediocris vix sanatur, vehemens sanari non potest. Omnis etiam dolor minus medicinæ patet, qui sursum procedit. Mulieri gravidæ si subito mammæ emacuerunt, abortus periculum est. Quæ neque peperit, neque gravida est, si lac habet, a menstruis defecta est. Quartana autumnalis fere longa est; maxime-

distentione nervorum, est periculum mortis; que item si distentio
convulsions, there is danger of death; and also if convul-
 nervorum oppressit purgatum medicamentis, et adhuc inanem;
sions have seized a (person) purged by medicines, and as yet empty;
 aut si extremæ partes frigent in magno dolore. Neque
or if the extreme parts (extremities) grow cold in great pain. Nor
 is redit ad vitam qui detractus est, spumante ore,
does he return to life who has been taken down, with a frothing mouth,
 ex suspendio. Nigra repentina alvus similis atro sanguini,
from hanging. A black sudden stool like to black blood,
 sive est cum febre, sive etiam sine hac, est perniciosa.
whether it is with fever, or even without it, is pernicious.

CAP. IX.
 CHAP. IX.

Curationes Morborum.
 The Cures of Diseases.

Indiciis cognitis quæ vel consolentur nos spe, vel
The signs being understood which either console us with hope, or
 terreant metu, transeundum est (sc. mihi) ad curationes morborum.
terrify (us) with fear, I must pass to the cures of diseases.

Ex his quædam sunt communes, quædam propriæ: communes
Of these some are common, some proper: the common (are those)
 quæ opitulantur pluribus morbis, propriæ quæ singulis.
which relieve several diseases, the proper which (relieve) individual (ones).

Dicam ante de communibus: quædam ex quibus tamen non solum
I shall speak first of the common: some of which however not only
 sustinent ægros, sed sanos quoque; quædam adhibentur tantum
support the sick, but the healthy also; some are exhibited only
 in adversâ valetudine. Vero omne auxilium corporis aut demit
in bad health. But every aid of the body either takes away
 aliquam materiam, aut adjicit, aut evocat, aut reprimat, aut
some matter, or adds, or calls forth, or represses, or
 refrigerat, aut calefacit; quæ simul aut durat aut mollit.
cools, or heats: and at the same time either hardens or softens.
 Quædam adjuvant non uno modo tantum, sed etiam duobus non
Some assist not in one way only, but even in two not

que, quæ cœpit hieme appropinquante. Si sanguis profluxit, deinde secuta est dementia cum distentione nervorum, periculum mortis est: itemque, si medicamentis purgatum, et adhuc inanem, nervorum distentio oppressit; aut si in magno dolore, extremæ partes frigent. Neque is ad vitam redit, qui ex suspendio, spumante ore, detractus est. Alvus nigra, sanguini atro similis, repentina, sive cum febre, sive etiam sine hac est, perniciosa est.

diciis, quæ nos vel spe consolentur, vel metu terreant, ad curationes morborum transeundum est. Ex his quædam communes sunt, quædam propriæ: communes, quæ pluribus morbis opitulantur; propriæ, quæ singulis. Ante de communibus dicam: ex quibus tamen quædam non ægros solum, sed sanos quoque sustinent; quædam in adversa tantum valetudine adhibentur. Omne vero auxilium corporis, aut demit aliquam materiam, aut adjicit, aut evocat, aut reprimat, aut refrigerat, aut calefacit; simulque aut durat, aut mollit.

contrariis	inter	se.	Materia	demitur
contrary	amongst	themselves (to each other).	The matter	is taken away
detractiōne	sanguinis,	cucurbitulā,	dejectione,	vomitu, frictiōne,
by abstraction	of blood,	by the cupping glass,	purging,	vomiting, friction,
gestatiōne,	que omni	exercitatiōne	corporis,	abstinentiā, sudore.
gestation,	and every (kind of)	exercise	of the body,	abstinence, sweat.
De quibus	dicam	protinus.		
Of which	I shall speak	immediately.		

CAP. X.

CHAP. X.

Detractio	Sanguinis.
Abstraction	of Blood.

Sanguinem	mitti	venā	incisā,	est	non novum:	sed
That blood	is let	by a vein	being cut,	is	not new:	but
esse	pæne nullum	morbū,	in quo	non	mittatur,	
that there is	almost no	disease,	in which	it may not	be let,	
est novum.	Item,	mitti	junioribus	et	feminis	
is new.	Likewise,	that (it) is let	in younger persons	and	in women	
non gerentibus	uterum	est vetus:	vero experiri	idem		
not carrying	the uterus (pregnant)	is old:	but to try	the same		
in pueris,	et in	senioribus,	et quoque	in gravidis		
in children,	and in	older persons,	and also	in pregnant		
mulieribus,	est non	vetus:	siquidem antiqui	judicabant,		
women,	is not	old:	since the ancients	judged,		
primam	que ultimam	ætatem	posse non	sustinere	hoc genus	
that the first	and last	age	could not	bear	this kind	
auxilii;	que persuaserant	sibi,	gravidam	mulierem,		
of assistance;	and had persuaded	themselves,	that the pregnant	woman,		
quæ curata esset	ita, facturam	abortum.	Vero			
who had been treated	so, would make	an abortion (would miscarry).	But			
postea	usus ostendit,	nihil in his	esse perpetuum;			
afterwards	experience shewed,	that nothing in these	was perpetual;			
que alias	observationes esse	potius adhibendas	ad quas consilium			
and that other	precautions were	rather observed	to which the design			
	curantis	debeat	dirigi.	Enim		
(attention)	of the person curing (physician)	ought	to be directed.	For		

Quædam non uno modo tantum, sed etiam duobus inter se non contrariis adjuvant. Demitur materia, sanguinis detractiōne, cucurbitula, dejectione, vomitu, frictiōne, gestatiōne, omnique exercitatiōne corporis, abstinentia, sudore. De quibus protinus dicam.

CAP. X. — Sanguinis Detractio. — Sanguinem, incisa vena, mitti novum non est: sed nullum plene morbum esse, in quo non mittatur, novum est. Item, mitti junioribus, et feminis uterum

non gerentibus, vetus est: in pueris vero idem experiri, et in senioribus, et in gravidis quoque mulieribus, vetus non est: siquidem antiqui, primam ultimamque ætatem sustinere non posse hoc auxilii genus, judicabant; persuaserantque sibi, mulierem gravidam, quæ ita curata esset, abortum esse facturam. Postea vero usus ostendit, nihil in his esse perpetuum; aliasque potius observationes adhibendas esse, ad quas dirigi curantis consilium debeat. Interest enim, non quæ ætas sit, ne-

interest, non quæ ætas sit, neque quid geratur intus
it is of importance, not what the age is, nor what is carried on within
 in corpore, sed quæ vires sint. Ergo si juvenis
in the body, but what the strength are. Therefore if a youth
 est imbecillus, aut si mulier, quæ est non gravida, parum
is weak, or if a woman, who is not pregnant, is not
 valet, sanguis mittitur male: enim vis, si qua
strong, blood is let badly: for the strength, if any
 supererat emoritur, erepta hoc modo. At firmus
remained dies, (being) carried off by this means. But a strong
 puer, et robustus senex, et valens gravida mulier, curatur
boy, and robust old man, and a strong pregnant woman, is treated
 tuto. Tamen imperitus medicus potest falli maxime
safely. However an unskilful physician may be deceived very much
 in his; quia fere subest minus roboris illis
in these; because commonly there is less (of) strength at those
 ætatibus; quæ prægnanti mulieri est opus viribus quoque
ages; and a pregnant woman has need of strength also
 post curationem, non tantum ad sustinendum se, sed etiam
after her cure, not only to support herself, but also
 ad (sustinendum) partum. Autem quidquid exigit intentionem
to support her offspring. But whatever requires attention
 animi et prudentiam, est non protinus ejiciendum;
of the mind and prudence, is not immediately to be rejected;
 cum præcipua ars sit in hoc, non quæ numerat
since the principal art is (consists) in this, not what can number
 annos, neque videat conceptionem solam, sed æstimet
the years, nor can see conception alone, but can estimate
 vires, et colligat ex eo, possit (id) quod sustineat vel
the strength, and collect from that, can (that) which can support either
 puerum, vel senem, vel duo corpora simul in
a boy, or an old man, or two bodies at the same time in
 unâ muliere superesse necne. Interest etiam inter
one woman remain or not. There is a difference also between
 valens corpus et obesum; inter tenue et infirmum:
a strong body and a fat one; between a slender and a weak one,
 tenuioribus sanguis magis abundat, plenioribus caro magis.
in slender ones the blood rather abounds, in the fuller flesh rather.
 Itaque illi facilius sustinent detractiōem ejusmodi; quæ
Therefore the former more easily bear detractiō of that sort; and
 aliquis affligitur celerius eâ, si est nimium
a person is afflicted (distressed) more speedily by it, if he is too

que quid in corpore intus geratur, sed quæ
 vires sint. Ergo si juvenis imbecillus est, aut
 si mulier, quæ gravida non est, parum valet,
 male sanguis mittitur: emoritur enim vis, si
 qua supererat, hoc modo erepta. At firmus
 puer, et robustus senex, et gravida mulier
 valens, tuto curatur. Maxime tamen in his
 medicus imperitus falli potest: quia fere mi-
 nus roboris illis ætatibus subest; mulierique
 prægnanti post curationem quoque viribus
 opus est, non tantum ad se, sed etiam ad
 partum sustinendum. Non quidquid autem

intentionem animi et prudentiam exigit, pro-
 tinus ejiciendum est; cum præcipua in hoc
 ars sit, quæ non annos numeret, neque con-
 ceptionem solam videat, sed vires æstimet, et
 ex eo colligat, possit necne superesse, quod vel
 puerum, vel senem, vel in una muliere duo
 corpora simul sustineat. Interest etiam inter
 valens corpus, et obesum; inter tenue, et in-
 firmum: tenuioribus magis sanguis, pleniori-
 bus magis caro abundat. Facilius itaque illi
 detractiōem ejusmodi sustinent; celeriusque
 ea, si nimium est pinguis, aliquis affligitur.

pinguis. Que ideo vis corporis æstimatur melius
 fat. And therefore the strength of the body is estimated better
 ex venis quam ex specie ipsa.
 from the veins than from the appearance itself.
 Neque sunt hæc solum considerata, sed etiam quod
 Nor are these things only to be considered, but also what
 genus morbi sit: utrum materia superans an deficiens
 kind of disease it is: whether the matter abounding or deficient
 læserit: corpus sit corruptum an integrum.
 have injured: whether the body be corrupted (diseased) or sound (healthy).
 Nam si materia vel deest, vel est integra, istud
 For if the matter (humours) either is deficient, or is sound, that
 (sc. sanguinem mitti) est alienum: at si vel copia
 blood-letting is improper: but if either the redundancy
 sui habet male, vel est corrupta, succurritur (imperson.)
 of itself makes badly, or it is corrupted, it is relieved
 melius nullo modo. Ergo vehemens febris, ubi
 better by no (other) method. Therefore a violent fever, when
 corpus rubet, que venæ plenæ tument, requirit
 the body is red, and the vessels (being) full swell, requires
 detractionem sanguinis, item morbi viscerum, que
 abstraction of blood, also diseases of the viscera, and
 resolutio nervorum, et rigor, et distentio: quidquid, denique,
 palsy, and tetanus, and convulsions: whatever, in fine,
 strangulat fauces difficultate spiritus; quidquid subito
 strangulates the fauces with difficulty of the breathing; whatever suddenly
 supprimit vocem; quisquis dolor est intolerabilis; et de
 suppresses the voice; whatever pain is intolerable; and from
 quâcunque causâ aliquid ruptum est atque collisum intus:
 whatever cause any thing has been broken and bruised within
 Item malus habitus corporis, que omnes acuti morbi,
 (internally): likewise a bad habit of body, and all acute diseases,
 qui, ut dixi supra, modo nocent, non infirmate, sed
 which, as I have said above, only hurt, not by weakness, but
 onere. Tamen, potest fieri, ut morbus
 oppression (redundancy). However, it may happen, that the disease
 quidem desideret id (sc. sanguinem mitti), autem corpus videatur
 indeed may require it, but the body may seem
 vix posse pati; sed si, tamen, nullum aliud
 scarcely to be able to bear it: but if, notwithstanding, no other
 auxilium appareat, que qui laborat periturus sit, nisi
 remedy appear, and (he) who is suffering will perish, unless

Ideoque vis corporis melius ex venis, quam ex ipsa specie æstimatur.

Neque solum hæc considerata sunt, sed etiam morbi genus quod sit: utrum superans, an deficiens materia læserit: corruptum corpus sit, an integrum. Nam si materia vel deest, vel integra est, istud alienum est: at si vel copia sui male habet, vel corrupta est, nullo modo melius succurritur. Ergo vehemens febris, ubi rubet corpus, plenæque venæ tument, sanguinis detractionem requirit: item viscerum

morbi, nervorumque resolutio, et rigor, et distentio: quidquid denique fauces difficultate spiritus strangulat; quidquid subito supprimit vocem; quisquis intolerabilis dolor est; et quacunque de causa ruptum aliquid intus atque collisum est: item malus corporis habitus, omnesque acuti morbi, qui modo, ut supra dixi, non infirmate, sed onere nocent. Fieri tamen potest, ut morbus quidem id desideret, corpus autem vix pati posse videatur: sed si nullum tamen appareat aliud auxilium, pe-

adjutus fuerit quoque temerariâ viâ; in hoc statu est
he shall be assisted even by a rash method; in this state it is
 (officium) boni medici ostendere quam sit
(the duty) of a good physician to shew (point out) how there can be
 nulla spes sine detractiōe sanguinis, quæ fateri quantus
no hope without abstraction of blood, and to confess how much
 metus sit in hac ipsâ (sc. detractiōe), et tum
fear (apprehension) there is in this itself, and then
 demum, si exigitur, mittere sanguinem. De quo
at length, if he shall be required, to let blood. About which
 (sc. sang. mitt.) non oportet dubitare in re ejusmodi:
it does not behoove to hesitate in a case of that sort:
 enim est satius experiri anceps auxilium quam nullum.
for it is better to try a doubtful remedy than none.
 Que id debet fieri maxime ubi nervi
And that ought to be done especially when the sinews
 resoluti sunt; ubi aliquis subito obmutuit; ubi
have been palsied; when a person suddenly has become dumb; when
 strangulatur anginâ; ubi accessio prioris febris
he is strangled by angina: when the accession of the former paroxysm
 pæne confecit, quæ est verisimile parem subsequi,
has almost killed, and it is probable that a similar one may follow,
 neque vires ægri videntur posse sustinere eam
'nor do the strength of the patient seem to be able to bear it.
 (sc. accessionem). Autem cum sanguis sit mittendus minime
But although blood ought to be let by no means
 crudo (sc. corpore), tamen id quidem est ne perpetuum;
in a crude state, yet that even is not perpetual (invariable);
 enim neque res semper exspectat
for neither does the matter always wait for (admit of the delay)
 concoctionem. Ergo si aliquis decidit ex superiore parte,
concoction. Therefore if any one has fallen from a higher part
 si contusus est, si ex aliquo subito casu
(a height), if he has been bruised, if from any sudden accident
 vomit sanguinem; quamvis paulo ante sumsit cibum,
he vomits blood; although a little before he has taken food,
 tamen materia est protinus demenda ei, ne, si
still the matter is immediately to be taken from him, lest, if
 subsederit, affligat corpus. Que idem erit dictum etiam
it should settle, it distress the body. And the same will be said also
 in aliis similibus casibus, qui strangulabunt. At si ratio
in other similar cases, which will strangle. But if the nature

riturusque sit qui laborat, nisi temeraria quoque via fuerit adjutus; in hoc statu boni medici est ostendere, quam nulla spes sit sine sanguinis detractiōe, faterique, quantus in hac ipsa metus sit: et tum demum, si exigitur, sanguinem mittere. De quo dubitare in ejusmodi re non oportet: satius est enim anceps auxilium experiri, quam nullum. Idque maxime fieri debet, ubi nervi resoluti sunt; ubi subito aliquis obmutuit; ubi angina strangulatur; ubi prioris febris accessio pæne con-

fecit, paremque subsequi verisimile est, neque eam videntur sustinere ægri vires posse. Cum sit autem minime crudo sanguis mittendus, tamen ne id quidem perpetuum est: neque enim semper concoctionem res exspectat. Ergo si ex superiore parte aliquis decidit, si contusus est, si ex aliquo subito casu sanguinem vomit; quamvis paulo ante sumsit cibum, tamen protinus ei demenda materia est, ne, si subsederit, corpus affligat. Idemque etiam in aliis casibus repentinis, qui strangulabunt,

morbi patiatur, tum, demum, nullâ suspicione cruditatis
of the disease should permit; then, at length, no suspicion of crudity
 remanente, id fiet. Que, ideo, secundus aut tertius
remaining, that will be done. And, therefore, the second or third
 dies adversæ valetudinis videtur aptissimus ei rei.
day of bad health (of the disease) seems the fittest for that thing.
 Sed ut aliquando est necesse mittere sanguinem etiam
But as sometimes it is necessary to let blood even
 primo die, sic est nunquam utile post quartum diem, cum
on the first day, so it is never useful after the fourth day, when
 spatio ipso materia et jam exhausta est, et
by time itself the matter both now has been exhausted, and
 corruptit corpus; ut detractio possit facere id
has corrupted the body; so that the detraction may make it
 imbecillum, possit non (facere id) integrum. Quod si vehemens
weak, it can not (make it) sound. But if a vehement
 febris urget, mittere sanguinem in ipso impetu ejûs, est
fever oppresses, to let blood in the very impetus of it, is
 jugulare hominem. Ergo remissio est expectanda: si
to kill the person. Therefore a remission is to be waited for: if
 non decrescit, sed desiit crescere, neque remissio
it does not decrease, but has ceased to increase, nor is a remission
 speratur, tum quoque, quamvis pejor, tamen
expected, then also, although worse (less favourable), notwithstanding
 sola occasio est non omittenda.
the only opportunity is not to be omitted.
 Fere etiam, ista medicina ubi est necessaria, est
Mostly also, that medicine (treatment) when it is necessary, is
 dividenda in biduum: enim est satius primum levare ægrum,
to be divided into two days: for it is better at first to lighten the patient,
 deinde perpurigare, quam fortasse præcipitare omni
then to thoroughly cleanse (him), than perhaps to endanger (him) by all (his)
 vi effusâ simul. Quod si respondet ita in pure
strength being dissipated at once. But if it answers so in pus (suppuration)
 que quoque aquâ quæ est inter cutem, quanto magis
and also in the water which is between the skin, by how much more
 est necesse (ut) respondeat in sanguine (sc. mittendo)? Vero is
is it necessary (that) it answer in blood? But it
 debet mitti, si fit causâ totiûs corporis, ex brachio;
ought to be let, if it is done for the sake of the whole body, from the arm;
 si alicujûs partis, ex eâ parte ipsâ, aut certe quam proximâ:
if of any part, from that part itself, or at least as near as possible:

dictum erit. At si morbi ratio patiatur, tum demum, nulla cruditatis suspicione remanente, id fiet. Ideoque ei rei videtur aptissimus adversæ valetudinis dies secundus, aut tertius. Sed ut aliquando etiam primo die sanguinem mittere necesse est, sic nunquam utile post diem quartum est, cum jam spatio ipso materia et exhausta est, et corpus corruptit; ut detractio imbecillum id facere possit, non possit integrum. Quod si vehemens febris urget, in ipso impetu ejus sanguinem mittere, hominem jugulare est. Expectanda ergo remissio est: si

non decrescit, sed crescere desiit, neque speratur remissio, tum quoque, quamvis pejor, sola tamen occasio non omittenda est.

Fere etiam ista medicina, ubi necessaria est, in biduum dividenda est: satius est enim, primum levare ægrum, deinde perpurigare, quam simul omni vi effusa fortasse præcipitare. Quod si in pure quoque aquaque, quæ inter cutem est, ita respondet; quanto magis necesse est in sanguine respondeat! Mitti vero is debet, si totiûs corporis causa fit, ex brachio; si partis alicujus, ex ea ipsa parte, aut

(sc. parte): quia potest non mitti ubique, sed in temporibus, in
because it can not be let every where, but in the temples, in
 brachiis, juxta talos. Neque ignoro, quosdam dicere sanguinem
the arms, near the ancles. Nor am I ignorant, that some say that blood
 esse mittendum longissime quam inde ubi lædit,
ought to be drawn the farthest possible from that place where it hurts,
 (sc. morbus), enim sic cursum materiæ averti;
(from the seat of the disease), for thus that the course of the matter is diverted;
 at illo modo evocari in id ipsum quod gravat.
but in the former method that is called into that itself which oppresses.
 Sed id est falsum: enim primo exhaurit proximum locum;
But that is false: for first it empties the nearest place (part);
 autem sanguis ex ulterioribus (sc. locis) sequitur eatenus
but the blood from the more remote follows so far (to the same extent)
 quatenus emittitur; ubi is suppressus est, quidem ne venit,
as it is drawn; when it has been suppressed, indeed it does not come,
 quia non trahitur. Tamen usus ipse videtur docuisse,
because it is not drawn. However experience itself seems to have taught,
 si caput fractum est, sanguinem esse potius mittendum ex
if the head has been broken, that blood ought rather to be drawn from
 brachio; si quod vitium est in humero, ex altero brachio:
the arm; if any disease is in the humerus, from the other arm:
 credo quia, si quid cesserit parum, ex partes, quæ
I believe because, if any thing should fall out ill, those parts, which
 jam habent (se) male, sunt opportuniore injuriæ. Sanguis
already have (themselves) badly, are more liable to injury. The blood
 quoque interdum avertitur, ubi prorumpens aliâ parte, emittitur
also sometimes is diverted, when breaking forth in one part, it is drawn
 aliâ: enim desinit fluere qua nolumus (sc. eum fluere,)
from another: for it ceases to flow where we are unwilling (that it should flow,)
 objectis quæ prohibeant (sc. ne fluat ab) inde, alio
things being applied which prevent (it flowing) from that place, another
 itinere dato.
passage being given.

Autem cum mittere sanguinem sit expeditissimum habenti
But although to let blood may be very easy to one having
 usum; tamen est difficillimum ignaro. Enim vena
practice; notwithstanding it is very difficult to an ignorant one. For the vein
 est juncta arteriis; nervi his: ita si scalpellus attingit nervum,
is joined to arteries; nerves to these: so if the lancet touches a nerve,
 distentio nervorum sequitur, que ea crudeliter consumit hominem. At
a convulsion follows, and that cruelly destroys the person. But

certe quam proxima: quia non ubique mitti potest, sed in temporibus, in brachiis, juxta talos. Neque ignoro, quosdam dicere, quam longissime sanguinem inde, ubi lædit, esse mittendum: sic enim averti materiæ cursum; at illo modo in id ipsum, quod gravat, evocari. Sed id falsum est: proximum enim locum primo exhaurit; ex ulterioribus autem eatenus sanguis sequitur, quatenus emittitur; ubi is suppressus est, quia non trahitur, ne venit quidem. Videtur tamen usus ipse docuisse, si caput fractum est, ex brachio potius sanguinem

esse mittendum; si quod in humero vitium est, ex altero brachio: credo, quia si quid parum cesserit, opportuniore ex partes injuriæ sunt, quæ jam male habent. Avertitur quoque interdum sanguis, ubi alia parte prorumpens, alia emittitur: desinit enim fluere qua nolumus, inde objectis quæ prohibeant, alio dato itinere.

Mittere autem sanguinem cum sit expeditissimum, usum habenti; tamen ignaro difficillimum est. Juncta enim est vena arteriis, his nervi: ita, si nervum scalpellus attingit, se-

arteria incisa neque coit neque sanescit; interdum etiam
the artery (being) cut neither unites nor heals; sometimes also
efficit ut sanguis erumpat vehementer. Capita quoque
it causes that the blood break forth violently. The heads (ends) also
venæ ipsius, si forte (sc. vena) præcisa est, comprimuntur,
of the vein itself, if perchance it has been cut through, are compressed,
neque emittunt sanguinem. At si scalpellus demittitur timide,
nor do they send out blood. But if the lancet be sent in timidly,
lacerat summam cutem, neque incidit venam. Nonnunquam etiam
it lacerates the surface of the skin, nor cuts the vein. Sometimes also
ea latet, neque reperitur facile. Ita multæ res faciunt
it lies hid, nor is it found easily. Thus many circumstances render
id difficile inscio (sc. homini), quod est facillimum perito.
that difficult to an ignorant person, which is very easy to a skilful person.
Vena est incidenda ad medium: ex quâ (sc. venâ) cum sanguis
The vein is to be cut at the middle: from which when the blood
erumpit, oportet attendere colorem que habitum ejûs. Nam
breaks forth, it behooves to observe the colour and condition of it. For
si is est crassus et niger est vitiosus; que ideo effunditur
if it is thick and black it is corrupted; and therefore it is poured out
utiliter: si rubet et pellucet, est integer; que ea missio
usefully: if it is red and is bright, it is sound; and that letting
sanguinis non prodest, adeo ut etiam noceat; que is (sc. sanguis)
of blood does not benefit, in so much that it even may hurt; and it
est protinus suppressendus. Sed id potest non evenire sub eo
is forthwith to be suppressed. But that can not happen under that
medico qui scit ex quali corpore sanguis sit mittendus.
physician who knows from what sort of body blood ought to be drawn.
Illud magis solet fieri, ut profluat æque niger assidue
This is more accustomed to happen, that it flows equally black continually
primo die: quod quamvis est ita, tamen si satis jam
on the first day: but although it is so, yet if sufficient has already
fluxit, est suppressendus; que finis est semper faciendus ante
flowed, it is to be suppressed; and an end is always to be made before
quam anima deficiat. Que brachium est deligandum,
that the life fail (before fainting). And the arm is to be bound up,
penicillo expresso ex frigida aquâ superimposito: et postero
a compress squeezed out of cold water being placed over it: and on the next
die vena ferienda adverso medio digito, ut recens
day the vein (is) to be struck with the opposite middle finger, that the recent
coitus ejûs resolvatur, que iterum fundat sanguinem. Autem
union of it may be resolved, and again it may pour out blood. But

quitar nervorum distentio, eaque hominem crudeliter consumit. At arteria incisa neque coit, neque sanescit; interdum etiam, ut sanguis vehementer erumpat, efficit. Ipsius quoque venæ, si forte præcisa est, capita comprimuntur, neque sanguinem emittunt. At si timide scalpellus demittitur, summam cutem lacerat, neque venam incidit. Nonnunquam etiam ea latet, neque facile reperitur. Ita multæ res id difficile inscio faciunt, quod perito facillimum est. Incidenda ad medium vena est: ex qua cum sanguis erumpit, colorem ejus habitumque oportet attendere. Nam si is crassus et niger

est, vitiosus est; ideoque utiliter effunditur: si rubet et pellucet, integer est; eaque missio sanguinis adeo non prodest, ut etiam noceat; protinusque is suppressendus est. Sed id evenire non potest sub eo medico, qui scit, ex quali corpore sanguis mittendus sit. Illud magis fieri solet, ut æque niger assidue primo die profluat: quod quamvis ita est, tamen si jam satis fluxit, suppressendus est; semperque ante finis faciendus est, quam anima deficiat. Deligandumque brachium superimposito expresso ex aqua frigida penicillo: et postero die adverso medio digito vena ferienda, ut re-

sive sanguis qui initio fluxerat crassus et niger,
 whether the blood which in the beginning had flowed thick and black,
 coepit primo sive secundo die et rubere et pellucere,
 has begun on the first or second day both to grow red and bright,
 satis materiae detractum est, atque quod superest est sincerum :
 sufficient of matter has been abstracted, and what remains is pure :
 que ideo brachium (est) protinus deligandum, que est habendum ita,
 and therefore the arm (is) immediately to be tied up, and is to be kept so,
 donec cicatrix sit valens; quæ celerrime confirmatur in vena.
 until the little scar is firm; which very quickly is made firm in a vein.

CAP. XI.

CHAP. XI.

Cucurbitula.

The Cupping-glass.

Vero sunt duo genera cucurbitularum: æneum et corneum
 But there are two kinds of cupping-glasses: the copper and horny one.
 (sc. genus). Ænea (sc. cucurbitula) patet alterâ parte, est clausa
 The copper is open at one side, is shut
 alterâ: cornea, æque patens alterâ parte, habet exiguum
 at the other: the horny one, alike open at one end, has a small
 foramen alterâ. Ardens linamentum conjicitur in æneam,
 opening at the other. Burning linen is thrown into the copper one,
 ac os ejus sic aptatur corpori, que
 and the mouth of it thus (in this state) is fitted (applied) to the body, and
 imprimitur, donec inhæreat. Cornea imponitur corpori per
 it is pressed upon, until it stick. The horn one is placed upon the body by
 se; deinde ubi spiritus adductus est ore ea
 itself: then when the air has been drawn by the mouth from that
 parte qua est exiguum foramen, que id cavum
 part where there is a small hole, and that hole
 clausum est cerâ super, inhærescit æque. Utraque fit
 has been closed by wax upon it, it sticks in like manner. Both is made
 non tantum ex his generibus materiae, sed recte etiam ex
 not only of these kinds of material, but properly also of
 quolibet alio (genere.) Ac si cætera defecerunt
 any other kind. And if other things have failed (are wanting)

cens coitus ejus resolvatur, iterumque sanguinem fundat. Sive autem primo, sive secundo die sanguis, qui crassus et niger initio fluxerat, et rubere, et pellucere coepit, satis materiae detractum est, atque quod superest, sincerum est: ideoque protinus brachium deligandum, habendumque ita est, donec valens cicatrix sit; quæ celerrime in vena confirmatur.

CAP. XI.—Cucurbitula.—CUCURBITULARUM ve-

ro duo genera sunt: æneum, et corneum. Ænea, altera parte patet; altera, clausa est: cornea, altera parte æque patens, altera foramen habet exiguum. In æneam linamentum ardens conjicitur, ac sic os ejus corpori aptatur, imprimiturque, donec inhæreat. Cornea per se corpori imponitur; deinde, ubi ea parte, qua exiguum foramen est, ore spiritus adductus est, superque cera cavum id clausum est, æque inhærescit. Utraque non ex his tantum materiae generibus, sed etiam ex quolibet alio

caliculus quoque aut pultarius compressoris oris, commodè
a small cup even or porringer of a narrower mouth, is conveniently

aptatur ei rei. Ubi inhæsit, si cutis incisa est
fitted for that thing. When it has adhered, if the skin has been cut

ante scalpello, extrahit sanguinem; si est integra,
before with a scalpel, it draws out the blood; if it is whole,

spiritum. Ergo ubi materia quæ est intus, lædit,
the air. Therefore when the matter which is within, injures,

solet imponi illo modo; ubi inflatio, hoc.
it is accustomed to be applied in the former way; when flatulence, in the latter.

Autem præcipuus usus cucurbitulæ est ubi vitium est, non
But the chief use of the cupping-glass is when a disorder is, not

in toto corpore, sed in aliqua parte, quam (sc. partem)
in the whole body, but in some part, that which

exhausti est satis ad confirmandam valetudinem. Que id
be emptied is sufficient to establish the health. And that

ipsum est testimonium ubi succurritur (impers. sc. a nobis)
itself is a testimony (proof) when it is assisted (by us)

membro sanguinem esse mittendum etiam scalpello,
to a part (we treat a part) that blood is to be drawn even by a lancet,

potissimum ab eâ parte quæ est jam læsa: quod
principally from that part which is already injured: because

nemo imponit cucurbitulam diversæ parti, nisi cum
no one puts on (applies) the cupping-glass to a different part, unless when

avertit profusionem eo; sed
he turns away the flow thither (he directs flux of blood to that place); but

ei ipsi (sc. parti), quæ dolet, que quæ est liberanda.
to that itself, which is in pain, and which is to be relieved.

Potest etiam esse opus cucurbitulâ in longis morbis,
There may also be need of the cucurbitul in chronic diseases,

quamvis et jam aliquod spatium accessit iis,
although even already some duration has been added to them (they have

been of some duration), sive materiâ corruptâ, sive spiritu
whether the matter being corrupted, or air (flatulency)

habente male: quoque in quibusdam acutis morbis, si et
making ill: also in some acute diseases, if both

corpus debet levâri, et vires non patiuntur sanguinem
the body ought to be lightened, and the strength do not permit blood

mitti ex venâ. Que id auxilium ut minus vehemens
to be drawn from a vein. And that remedy as less violent

ita (est) magis tutum; neque est unquam periculosum etiam
so it is more safe; nor is it ever dangerous even

recte fit. Ac si cetera defecerunt, caliculus quoque aut pultarius, oris compressoris, ei rei commodè aptatur. Ubi inhæsit, si concisi ante scalpello cutis est, sanguinem extrahit; si integra est, spiritum. Ergo ubi materia, quæ intus est, lædit, illo modo; ubi inflatio, hoc imponi solet. Usus autem cucurbitulæ præcipuus est, ubi non in toto corpore, sed in parte aliqua vitium est, quam exhausti ad confirmandam valetudinem satis est. Idque ipsum testimonium est, etiam scalpello sanguinem, ubi membro succurritur, ab ea potissimum parte, quæ jam læsa est, esse mittendum: quod nemo cucurbitulam diversæ parti imponit, nisi cum profusionem sanguinis eo avertit; sed ei ipsi, quæ dolet, quæ est liberanda est. Opus etiam esse cucurbitulæ potest in morbis longis, quamvis et iis jam spatium aliquod accessit; sive corrupta materia, sive spiritu male habente: in acutis quoque quibusdam, si et levâri corpus debet, et ex vena sanguinem mitti vires non patiuntur. Idque auxilium ut minus vehemens, ita magis tutum; neque unquam periculosum est, etiamsi in medio febris impetu, etiamsi in cruditate adhibetur. Ideoque ubi sanguinem mitti opus

dum: quod nemo cucurbitulam diversæ parti imponit, nisi cum profusionem sanguinis eo avertit; sed ei ipsi, quæ dolet, quæ est liberanda est. Opus etiam esse cucurbitulæ potest in morbis longis, quamvis et iis jam spatium aliquod accessit; sive corrupta materia, sive spiritu male habente: in acutis quoque quibusdam, si et levâri corpus debet, et ex vena sanguinem mitti vires non patiuntur. Idque auxilium ut minus vehemens, ita magis tutum; neque unquam periculosum est, etiamsi in medio febris impetu, etiamsi in cruditate adhibetur. Ideoque ubi sanguinem mitti opus

si adhibetur in medio impetu febris, etiam si
 if it is applied in midst of the impetus (the acme) of a fever, even if
 (adhibetur) in cruditate. Que ideo ubi est opus sanguinem
 in crudity. And therefore when it is necessary that blood
 mitti, si est præceps periculum venâ incisâ, aut etiam
 be drawn, if there is imminent danger in a vein being opened, or even
 si vitium est in parte corporis, confugiendum est (sc. nobis)
 if the disorder is in a part of the body, we must have recourse
 potius huc (sc. cucurbitulæ) cum eo, tamen, ut sciamus,
 rather hither (to cupping) with this, however, that we should know,
 ut periculum esse nullum ita præsidium (esse)
 that as the danger is none (there is no danger) so that the aid (is)
 levius; nec auxilium nisi æque vehemens, posse succurrere
 more feeble; nor that a remedy unless equally violent, can relieve
 vehementi malo.
 a violent disorder.

CAP. XII.

CHAP. XII.

Dejectio Alvi.
 Purging of the Belly.

1. Autem antiqui moliebantur dejectionem in pæne omnibus
 But the ancients promoted purging in almost all
 morbis variis medicamentis, quæ crebrâ ductione alvi: quæ
 diseases by various medicines, and by frequent clystering: and
 dabant aut nigrum veratrum, aut filiculam, aut squamam
 they gave either black hellebore, or wall fern (*Polypodium*), or scales
 æris, quam Græci vocant λεπίδα χαλκοῦ (*lepida chalkou*),
 of copper (peroxide), which the Greeks call scales of copper,
 aut lac marinæ lactucæ (Euphorbiæ,) gutta cuius adjecta
 or the milk of the sea lettuce (sea spurge,) a drop of which put upon
 pani purgat abunde; aut vel asininum, vel bubulum vel
 bread purges plentifully; or either asses', or cows', or
 caprinum lac, quæ adjiciebant paulum salis ei, quæ decoquebant
 goats' milk, and they added a little salt to it, and boiled

est, si incisa vena præceps periculum est, aut si in parte corporis etiam vitium est, huc potius confugiendum est: cum eo tamen, ut sciamus, hic ut nullum periculum, ita levius præsidium esse; nec posse vehementi malo, nisi æque vehemens auxilium succurrere.

CAP. XII.—*Alvi Dejectio*.—1. DEJECTIONEM autem antiqui variis medicamentis, crebraque alvi

ductione in omnibus pæne morbis moliebantur: dabantque aut nigrum veratrum, aut filiculam, aut squamam æris, quam λεπίδα χαλκοῦ Græci vocant; aut lactucæ marinæ lac, cuius gutta pani adjecta abunde purgat; aut lac vel asininum, vel bubulum, vel caprinum, eique salis paulum adjiciebant, decoquebantque id, et sublatis iis, quæ coierant, quod quasi serum supererat, bibere cogebant. Sed medicamenta sto-

id, et iis, quæ coierant, sublati, cogeant
 it, and those things, which had curdled, being removed, they compelled
 (sc. ægrum) bibere quod supererat, quasi serum. Sed medicamenta
 the patient to drink what remained, as if whey. But medicines
 fere lædunt stomachum: si alvus fluit vehementius aut
 mostly hurt the stomach: if the belly discharges immoderately or
 ducitur sæpius, infirmat hominem. Ergo medicamentum
 is clystered very often, it weakens the person. Therefore a (purging) medicine
 nunquam datur recte causâ ejus rei (sc. dejectionis) in
 never is given properly for the sake of that object in
 adversa valetudine, nisi ubi is morbus est sine febre; ut
 bad health, unless when that disease is without fever; as
 cum nigrum veratrum datur aut vexatis atrâ bile,
 when black hellebore is given either (to persons) troubled with atra-bile,
 aut insanientibus cum tristitiâ, aut iis quorum nervi sunt
 or persons mad with melancholy, or to those of whom the tendons are
 resoluti aliquâ parte. At ubi sunt febres, est satius
 relaxed (palsied) in some part. But where there are fevers, it is better
 causâ ejus rei, assumere cibos que potiones, qui
 for the sake of that thing, to take foods and drinks, which
 simul et alant et molliant ventrem. Que sunt
 at the same time both nourish and soften (relax) the belly. And there are
 genera valetudinis, quibus purgatio ex lacte convenit.
 kinds of disease, which purging with milk suits.

2. Vero plerumque alvus est potius ducenda; quod quoque
 But generally the belly is rather to be clystered; which, though
 sic moderatum ab Asclepiade, ut tamen servatum sit,
 so regulated by Asclepiades, that nevertheless it should be observed,
 video plerumque præteriri nostro seculo.
 I see for the most part to be passed over (laid aside) in our own age.
 Autem ea moderatio, quam videtur is secutus (est), est aptissima:
 But that moderation, which it seems he followed, is most proper:
 ut ea medicina neque tentetur sæpe, et tamen non
 that that remedy neither should be tried often, and yet be not
 omittatur semel, vel summum bis, si caput est grave; si
 omitted once, or at most twice, if the head is heavy; if
 oculi caligant; si est morbus majoris intestini, quod
 the eyes are dim; if there is disease of the larger intestine, which
 Græci nominant κόλον (kolon); si sunt dolores in imo
 the Greeks name colon; if there are pains in the bottom
 ventre, aut in coxâ; si quædam biliosa concurrunt
 (of) the belly, or in the hips; if some bilious things come together

machum fere lædunt: alvus si vehementius
 fluit, aut sæpius ducitur, hominem infirmat.
 Ergo nunquam in adversa valetudine medica-
 mentum ejus rei causâ recte datur, nisi ubi is
 morbus sine febre est; ut cum veratrum nigrum
 aut atra bile vexatis, aut cum tristitia insani-
 entibus, aut iis, quorum nervi parte aliqua re-
 soluti sunt, datur. At ubi febres sunt, satius
 est ejus rei causa cibos potionesque assumere,
 qui simul et alant, et ventrem molliant. Sunt-
 que valetudinis genera, quibus ex lacte pur-
 gatio convenit.

2. Plerumque vero alvus potius ducenda est;
 quod, ab Asclepiade quoque sic temperatum,
 ut tamen servatum sit, video plerumque seculo
 nostro præteriri. Est autem ea moderatio,
 quam is secutus videtur, aptissima: ut neque
 sæpe ea medicina tentetur, et tamen semel, vel
 summum bis, non omittatur, si caput grave
 est; si oculi caligant; si morbus majoris in-
 testini est, quod Græci κόλον nominant; si in
 imo ventre, aut in coxa dolores sunt; si in
 stomachum quædam biliosa concurrunt, vel
 etiam pituita eo se, humore aliquis aquæ

in stomachum, vel etiam pituita, ve aliquis humor
(accumulate) in the stomach, or even phlegm, or any humour
 similis aquæ, confert se eo; si spiritus
like to water, brings itself thither (collects there); if the breath
 redditur difficilior; si venter excernit nihil per se;
is rendered more difficultly; if the belly excretes nothing by itself;
 utique si stercus quoque est juxta, et manet intus;
especially if the excrement also is near, and remains within;
 aut si æger, dejiciens nihil, sentit odorem stercoris
or if the patient, voiding nothing, perceives the odour of excrement
 ex suo spiritu; aut si quod excernitur est corruptum; aut si
from his own breath; or if what is excreted is corrupted; or if
 prima inedia non sustulit febrem;
the first abstinence (abstinence in the beginning) has not removed a fever;
 aut si vires non patiuntur sanguinem mitti, cum
or if the strength do not permit blood to be drawn, although
 sit opus, ve tempus ejus rei præterit;
it be necessary, or the time of that thing (bleeding) has passed by;
 aut si aliquis potavit multum ante morbum; aut si is
or if any person has drank a great deal before a disease; or if he
 qui purgatus est sæpe vel sponte, vel casu,
who has been purged often either spontaneously, or by accident,
 subito habet alvum suppressam. Vero illa
suddenly has the belly bound. But those rules (the following)
 sunt servanda; ne ducatur ante tertium diem;
are to be observed; that it be not clystered before the third day;
 ne (ducatur) ullâ cruditate substantive; ne in
that it be not (while) any crudity remaining; that it be not in
 infirmo corpore, que diu exhausta in adversâ valetudine;
a weak body, and for a long time exhausted in bad health;
 neve in eo cui alvus reddit satis quotidie, ve qui habet
nor in him to whom the belly voids enough daily, or who has
 eam liquidam; neve in impetu ipso accessionis, quia,
it liquid; nor in the impetus itself of the accession, because,
 quod tum est infusum, continetur alvo, que regestum in
what then is injected, is retained in the belly, and carried to
 caput efficit periculum multo gravius. Vero æger
the head makes the danger by much more serious. But the patient
 debet abstinere pridie, ut sit aptus tali
ought to be restrained the day before, that he may be fit for such
 curationi: eodem die, aliquot horas ante, bibere calidam
treatment: on the same day, for some hours before, to drink warm

similis confert; si spiritus difficilior redditur; si nihil per se venter excernit; utique, si juxta quoque stercus est, et intus remanet; aut si stercoris odorem nihil dejiciens æger ex spiritu suo sentit; aut si corruptum est, quod excernitur; aut si prima inedia febrem non sustulit; aut si sanguinem mitti, cum opus sit, vires non patiuntur, tempus ejus rei præterit; aut si multum ante morbum aliquis potavit; aut si is, qui sæpe vel sponte, vel casu purgatus est, subito habet alvum

suppressam. Servanda vero illa sunt: ne ante diem tertium ducatur; ne ulla cruditate substantive; ne in corpore infirmo, diuque in adversa valetudine exhausto; neve in eo, cui satis alvus quotidie reddit, quive eam liquidam habet; neve in ipso accessionis impetu, quia, quod tum infusum est, alvo continetur, regestumque in caput, multo gravius periculum efficit. Pridie vero abstinere debet æger, ut aptus tali curationi sit: eodem die ante aliquot horas aquam calidam bibere, ut superiores

aquam, ut superiores partes ejus madescant. Tum
water, that the upper parts of him may become moist. Then
pura aqua est immittenda in alvum, si sumus contenti
pure water is to be injected into the belly, if we are contented
levi medicinâ; si paulo valentiori mulsa
with a mild medicine; if a little more powerful (active) hydromel
(sc. aqua, si leni, ea (sc. aqua) in quâ
(one part honey, two water,) if an emollient, that in which
fœnum Græcum, vel ptisana, vel malva
fœnu-Greek, or ptisan (a watery extract of barley), or mallow
decocta sit; si causâ reprimendi ex verbenis. Autem
has been boiled; if for the sake of astringing from (with) vervains. But
marina aqua vel alia sale adjecto, est acris;
sea water or (any) other salt being added, is acrid;
atque utraque decocta est commodior. Fit acrior
and both boiled is more convenient. It is made more acrid
vel oleo, vel nitro, vel melle adjecto; que quo acrior
either by oil, or nitre, or honey being added: and the more acrid
est, eo plus extrahit, sed sustinetur minus
it is, the more it draws out (evacuates), but it is endured less
facile. Que oportet id quod infunditur esse neque
easily. And it behooves that that which is injected be neither
frigidum neque calidum, ne lædat alterutro modo. Cum
cold nor hot, lest it injure in one or other way. When
quantum potest fieri infusum est, æger debet
as much as can be done has been injected, the patient ought
continere se in lectulo, nec protinus cedere primæ
to confine himself in bed, nor immediately to yield to the first
cupiditati dejectionis: ubi est necesse tum demum desiderare.
desire of dejection: when it is necessary then at length to sit down
(to go to stool). Que fere materia demta eo modo
And generally the matter removed in this manner
mollit morbum ipsum, superioribus partibus levatis.
mitigates the disease itself, by the superior parts being lightened.
Vero cum aliquis exhaust se desidendo quoties
But when a person has exhausted himself by going to stool as often as
res coëgit, debet conquiescere paulisper; et utique,
occasion compelled, he ought to rest a little while; and likewise,
ne vires deficiant, (debet) assumere cibum eo die:
lest the strength should fail, to take food on that day:
qui (cibus) sit dandus plenior an exiguus,
which whether it ought to be given fuller (more plentifully), or sparing (ly),

ejus partes madescant. Tum immittenda in alvum est, si levi medicina contenti sumus, pura aqua; si paulo valentiori, mulsa; si leni, ea in qua fœnum Græcum, vel ptisana, vel malva decocta sit; si reprimendi causa, ex verbenis. Acris autem est marina aqua, vel alia sale adjecto; atque utraque decocta commodior est. Acrior fit, adjecto vel oleo, vel nitro, vel melle: quoque acrior est, eo plus extrahit, sed minus facile sustinetur. Idque quod infunditur, neque frigidum esse oportet,

neque calidum; ne alterutro modo lædat. Cum infusum est quantum fieri potest, continere se in lectulo debet æger, nec primæ cupiditati dejectionis protinus cedere: ubi necesse est, tum demum desiderare. Fereque eo modo demta materia, superioribus partibus levatis, morbum ipsum mollit. Cum vero, quoties res coëgit, desidendo aliquis se exhaust, paulisper debet conquiescere; et, ne vires deficiant, utique eo die cibum assumere: qui plenior, an exiguus sit dandus, ex ratione

oportebit	estimari	ex	ratione	ejus	accessionis
<i>it will behoove</i>	<i>to be estimated</i>	<i>from</i>	<i>the nature</i>	<i>of that</i>	<i>accession</i>
quæ	exspectabitur,	aut	non erit	in metu.	
<i>which</i>	<i>shall be expected,</i>	<i>or</i>	<i>shall not be</i>	<i>in fear (apprehension).</i>	

CAP. XIII.

CHAP. XIII.

Vomitus.

Vomiting.

At	ut	vomit	est	sæpe	necessarius	biliosis,	quoque
<i>But</i>	<i>as</i>	<i>a vomit</i>	<i>is</i>	<i>often</i>	<i>necessary</i>	<i>to bilious persons,</i>	<i>even</i>
in	secundâ	valetudine,	sic	etiam	in	illis morbis	quos
<i>in</i>	<i>good</i>	<i>health,</i>	<i>so</i>	<i>also</i>	<i>in</i>	<i>those diseases</i>	<i>which</i>
bilis	concitavit.	Ergo	est	necessarius	omnibus	qui vexantur,	
<i>bile</i>	<i>has excited.</i>	<i>Therefore</i>	<i>it is</i>	<i>necessary</i>	<i>to all</i>	<i>who are troubled,</i>	
ante	febres,	horrore	et	tremore;	omnibus	qui laborant	
<i>before</i>	<i>fevers,</i>	<i>with shivering</i>	<i>and</i>	<i>tremor;</i>	<i>to all</i>	<i>who labour</i>	
cholerâ;	etiam	omnibus	insanientibus	cum	quâdam		
<i>under cholera;</i>	<i>also</i>	<i>to all</i>	<i>persons mad</i>	<i>with</i>	<i>a certain degree of</i>		
hilaritate;	et	quoque	oppressis	comitiali morbo.	Sed	si	
<i>mirth;</i>	<i>and</i>	<i>also</i>	<i>those oppressed</i>	<i>with epilepsy.</i>	<i>But</i>	<i>if</i>	
morbus	est	acutus,	sicut	in	cholerâ;	si est	febris,
<i>the disease</i>	<i>is</i>	<i>acute,</i>	<i>as</i>	<i>in</i>	<i>cholera;</i>	<i>if there is</i>	<i>fever,</i>
ut	est	non	opus	asperioribus	medicamentis	inter	
<i>in like manner</i>	<i>there is</i>	<i>not</i>	<i>need</i>	<i>of the rougher</i>	<i>medicines</i>	<i>during</i>	
horrores,	sicut	dictum est	supra,	quoque	in	dejectionibus:	
<i>the shiverings,</i>	<i>as</i>	<i>has been stated</i>	<i>above,</i>	<i>also</i>	<i>upon</i>	<i>purgings:</i>	
que	est	satis	ea	sumi	causâ	vomitûs,	
<i>and it is</i>	<i>sufficient</i>	<i>that those things</i>	<i>be taken</i>	<i>for the sake</i>	<i>of a vomit,</i>		
quæ	proposui	esse	sumenda	quoque	sanis.	At	
<i>which</i>	<i>I have directed</i>	<i>ought</i>	<i>to be taken</i>	<i>also</i>	<i>by the healthy.</i>	<i>But</i>	
ubi	morbi	sunt	longi	que	valentes	sine	febre, ut
<i>when</i>	<i>diseases</i>	<i>are</i>	<i>long</i>	<i>and</i>	<i>strong (active)</i>	<i>without</i>	<i>fever, as</i>
comitialis (sc. morbus),	aut	insania,	utendum est	quoque	albo	veratro.	
<i>epilepsy,</i>	<i>or</i>	<i>insanity,</i>	<i>we must use</i>	<i>also</i>	<i>white</i>	<i>hellebore.</i>	

ejus accessionis, quæ exspectabitur, aut in metu non erit, æstimari oportebit.

CAP. XIII.—*Vomit*.—At vomit, ut in secunda quoque valetudine sæpe necessarius biliosis est, sic etiam in illis morbis, quos bilis concitavit. Ergo omnibus, qui ante febres horrore et tremore vexantur: omnibus, qui cholera laborant; omnibus etiam cum quadam hilaritate insanientibus; et comitiali quoque

morbo oppressis, necessarius est. Sed si acutus morbus est, sicut in cholera; si febris est, ut inter horrores, asperioribus medicamentis opus non est; sicut in dejectionibus quoque supra dictum est: satisque est, ea vomitus causa sumi, quæ sanis quoque sumenda esse proposui. At ubi longi valentesque morbi sine febre sunt, ut comitialis aut insania, veratro quoque albo utendum est. Id neque hieme, neque æstate recte datur; optime, vere

Id	datur	recte	neque	hieme,	neque	æstate,
That	is given	rightly	neither	in the winter,	nor	in summer,
optime (sc. datur)	vere;	tolerabiliter	autumno.	Quisquis	erit	
best	in spring;	tolerably well	in the autumn.	Whoever	shall be	
daturus,	debet	ante (sc. dandum)	agere	id,	ut	
about to give it,	ought	previously	to do	that,	that	
corpus	accepturi	sit	humidius.	Oportet	scire	
the body	of the person about to take it	may be	moister.	It behooves	to know	
illud,	omne	medicamentum	ejûsmodi,	quod	datur	potui
this,	that every	medicine	of that kind,	which	is given	for a potion
non	semper	prodesse	ægris,	semper	nocere	sanis.
does not	always	benefit	the sick,	always	injures	the healthy.

CAP. XIV.

CHAP. XIV.

Frictio.

Friction.

Vero	Asclepiades,	tanquam	inventor	ejûs (sc. frictionis),	posuit
But	Asclepiades,	as if	the inventor	of it,	has laid down
adeo	multa	de	frictione,	in	eo volumine,
so	many things	about	friction,	in	that book,
inscripsit		Communium		Auxiliorum,	ut
he inscribed (entitled)		Of Common (General)		Remedies,	that
faceret	mentionem	tantum	trium;	hujûs (sc. frictionis),	et
he made	mention	only	of three;	this,	and
aquæ,	et	gestationis;	tamen,	consumserit	maximam
water,	and	gestation;	nevertheless,	he has consumed	the greatest
partem	in	hac (sc. frictione).	Autem	oportet	fraudare
portion	in	it.	But	it behooves	to defraud
recentiores viros	in	iis	quæ	vel	repererunt,
the moderns	in	those things	which	either	they have discovered,
recte	secuti sunt;	et	tamen	reddere	ea
rightly	have followed;	and	yet	to render (assign)	those things
posita sunt	apud	aliquos	antiquiores	suis	
have been laid down	by	some (of the)	ancients	to their own	

tolerabiliter, autumn. Quisquis daturus erit, id agere ante debet, ut accepturi corpus humidius sit. Illud scire oportet, omne ejûsmodi medicamentum, quod potui datur, non semper ægris prodesse, semper sanis nocere.

CAP. XIV.—*Frictio*.—De frictione vero adeo multa Asclepiades, tanquam inventor ejûs, posuit in eo volumine, quod Communium

Auxiliorum inscripsit, ut, cum trium tantum faceret mentionem; hujus, et aquæ, et gestationis; tamen maximam partem in hac consumserit. Oportet autem neque recentiores viros in iis fraudare, quæ vel repererunt, vel recte secuti sunt; et tamen ea, quæ apud antiquiores aliquos posita sunt, auctoribus suis reddere. Neque dubitari potest, quin latius quidem, et dilucidius, ubi et quomodo

auctoribus. Neque potest dubitari quin Asclepiades,
 (proper) authors. Nor can it be doubted but that Asclepiades,
 quidem, præcepit latius et dilucidius ubi et quomodo
 indeed, directed more fully and clearly when and how
 utendum esset (sc. nobis) frictione; tamen, repererit nihil
 we ought to use friction; nevertheless, he has discovered nothing
 quod non comprehensum sit paucis verbis a vetustissimo
 which has not been comprised in few words by the most ancient
 auctore, Hippocrates: qui dixit, corpus durari frictione
 author, Hippocrates: who said, that the body was hardened by friction
 si sit vehemens; molliri si lenis; minui si
 if it be violent; that it was softened if gentle; that it was reduced if
 multa, impleri si modica. Ergo sequitur
 much, that it was filled (became bulky) if moderate. Therefore it follows
 ut tum utendum sit (nobis) cum aut corpus, quod est
 that we then should use it when either a body, which is
 hebes, sit adstringendum; aut quod induruit, molliendum;
 sluggish, is to be astinged (braced); or what has grown hard, to be softened;
 aut digerendum in eo, quod nocet copiâ; aut id
 or to be dissipated in that, which injures by its fullness; or that
 alendum, quod est tenue et infirmum. Quas species,
 to be nourished, which is thin and weak. Which kinds,
 tamen, si quis æstimet curiosius, quod jam
 however, if any person should consider more carefully, which at present
 non pertinet ad medicum, facile intelliget, omnes
 does not belong to the physician, he will easily understand, that all
 pendere ex unâ causâ, quæ demit. Nam
 depend upon one cause, which takes away (carries off something). For
 aliquid adstringitur, eo demto quod, interpositum,
 something (a part) is astringed, that being taken away which, (being) interposed,
 effecerat ut id laxaretur; et mollietur, eo
 had caused that it (should be) was relaxed; and is softened, that
 detracto, quod creabat duritiem; et impletur, non
 being removed, which caused the hardness; and is filled, not
 frictione ipsâ, sed eo cibo qui postea penetrat
 by the friction itself, but by that food which afterwards penetrates
 usque ad cutem, relaxatam quâdam digestionem. Vero causa
 as far as to the skin, relaxed by a kind of digestion. But the cause
 diversarum rerum est in modo (sc. frictionis).
 of the different things (difference of effect) is in the manner (the length and
 violence). Autem interest multum inter
 But it differs much (there is a wide difference) between

frictione utendum esset, Asclepiades præcepit; nihil tamen repererit, quod non a vetustissimo auctore Hippocrate paucis verbis comprehensum sit: qui dixit, frictione, si vehemens sit, durari corpus; si lenis, molliri; si multa, minui; si modica, impleri. Sequitur ergo, ut tum utendum sit, cum aut adstringendum corpus sit, quod hebes est; aut molliendum, quod induruit: aut digerendum in eo, quod copia nocet; aut alendum id, quod tenue et infirmum est. Quas tamen species si quis curiosius æstimet, quod jam ad medicum non pertinet, facile intelliget, omnes ex una causa pendere, quæ demit. Nam et adstringitur aliquid, eo demto, quod interpositum, ut id laxaretur, effecerat; et mollietur, eo detracto quod duritiem creabat; et impletur, non ipsa frictione, sed eo cibo, qui postea usque ad cutem, digestionem quâdam relaxatam, penetrat. Diversarum vero rerum in modo causa est. Inter unctionem autem et frictionem multum interest. Ungi enim, leniterque pertractari,

unctionem et frictionem. Enim oportet corpus ungi
in unction and friction. For it behooves that the body be anointed
que leniter pertractari, etiam in acutis et recentibus morbis;
and gently handled, even in acute and recent diseases;
tamen, in remissione et ante cibum: vero uti longâ
however, in the remission and before food: but to use long
frictione convenit neque in acutis, neque in crescentibus,
friction is proper neither in acute, nor in increasing,
morbis; præterquam cum somnus quæritur eâ (frictione)
diseases; except when sleep is sought by it
phreneticis. Autem longa valetudo, et jam inclinata a
in phrenetics. But long continued disease, and already inclined from
primo impetu amat hoc auxilium. Neque ignoro quosdam
the first violence likes this remedy. Nor am I ignorant that some
dicere, omne auxilium esse necessarium
say, every remedy (the whole of the treatment) is necessary (ought to be
confin'd to) for diseases (while) increasing, not when now
finiuntur per se. Quod habet non se ita.
they are terminated by themselves. Which has not itself so (is not the case).
Enim morbus, qui habiturus est finem etiam per se,
For a disease, which will have a termination even by itself,
potest tamen tolli citius auxilio adhibito:
may notwithstanding be removed more speedily by the remedy being applied:
quod est necessarium de duabus causis; et ut bona valetudo
which is necessary on two accounts; both that good health
contingat quam primum; et morbus qui remanet ne
may happen as soon as possible; and (that) the disease which remains may not
exasperetur iterum, de quamvis levi causâ. Morbus potest esse
be irritated again, from however slight a cause. Disease may be
minus gravis quam fuerit, neque ideo tamen solvi, sed
less severe than it has been, nor therefore notwithstanding resolved, but
inhærere quibusdam reliquiis, quas (reliquias) aliquod auxilium
adhere (remain) by some remains, which some remedy
admotum discutit. Sed ut frictio adhibetur recte, adversâ
(being) applied removes. But as friction is applied rightly, the bad
valetudine quoque levatâ; sic est nunquam adhibenda
health (disease) also being abated; so it is never to be applied
febre incescente: verum si poterit fieri, cum
(while) a fever (is) increasing: but if it should be able to be done, when
corpus vacabit ex toto eâ (sc. febre); sin minus, certe
the body shall be free altogether from it; but if not, at least

corpus, etiam in acutis et recentibus morbis oportet; in remissione tamen, et ante cibum: longa vero frictione uti, neque in acutis morbis, neque in crescentibus convenit; præterquam cum phreneticis somnus ea quæritur. Amat autem hoc auxilium valetudo longa, et jam a primo impetu inclinata. Neque ignoro, quosdam dicere, omne auxilium necessarium esse incescentibus morbis, non cum jam per se finiuntur. Quod non ita se habet. Potest enim morbus, etiam qui per se finem habiturus est, citius tamen adhibito auxilio tolli: quod dua-

bus de causis necessarium est; et ut quam primum bona valetudo contingat; et ne morbus, qui remanet, iterum, quamvis levi de causa, exasperetur. Potest morbus minus gravis esse, quam fuerit, neque ideo tamen solvi, sed reliquiis quibusdam inhærere, quas admotum aliquod auxilium discutit. Sed ut, levata quoque adversa valetudine, recte frictio adhibetur; sic nunquam adhibenda est febre incescente; verum, si fieri poterit, cum ex toto corpus ea vacabit, sin minus, certe cum ea remiserit. Eadem autem modo in totis corporibus esse

cum ea (febris) remiserit. Autem eadem (frictio) debet esse
when it shall have remitted. But the same ought to be
 modo in totis corporibus, ut cum aliquis infirmus (est)
sometimes all over the whole body, as when some weak (person) (is)
 implendus; modo in partibus, aut quia imbecillitas ejus membri
to be filled; sometimes in parts, either because the weakness of that part
 ipsius, aut quia alterius, requirit id (sc. perfricari). Nam et
itself, or because (that) of another, requires it. For both
 frictio ipsius levat longos dolores capitis; non tamen in
friction of itself relieves long continued pains of the head; not however in
 impetu doloris: et aliquod resolutum membrum confirmatur
the violence of the pain: and any palsied limb is strengthened
 frictione ipsius. Sæpius, tamen, cum aliud
by the friction of itself. More frequently, however, when one part
 (sc. membrum) dolet, aliud longe est perfricandum; que
is in pain, another at a distance is to be rubbed; and
 maxime cum volumus evocare materiam a
especially when we wish to call out the matter (cause a derivation) from
 summis aut a mediis partibus corporis; que ideo
the upper or from the middle parts of the body; and on that account
 perfricamus extremas partes. Neque sunt audiendi, qui
we rub the extreme parts (extremities). Nor are they to be listened to, who
 finiunt numero quoties aliquis sit perfricandus. Enim id est
prescribe by number how often a person ought to be rubbed. For that is
 colligendum ex viribus hominis: et si is est perinfirmus
to be collected from the strength of the person: and if he is very weak,
 quinquagies potest esse satis; si robustior potest esse faciendum
fifty times may be sufficient; if more robust it may be to be done
 (vel reddi potest—"esse (satis) faciendum") ducenties; deinde
("be (sufficient) to do it") two hundred times; then
 inter utrumque prout vires sunt. Quo fit ut
between both according as the strength are. Whence it happens that
 manus sint dimovendæ minus sæpe etiam in muliere quam
the hands are to be moved less often (rapidly) even in a woman than
 in viro; minus sæpe in puero, vel sene, quam in juvene.
in a man; less often in a boy, or an old man, than in a youth.
 Denique, si certa membra perfricantur, est opus multâ que
Lastly, if certain parts are rubbed, there is need of much and
 valenti frictione. Nam neque potest totum corpus infirmari cito
strong friction. For neither can the whole body be weakened quickly
 per partem, et est opus quam plurimum materiæ
through a part, and it is necessary that as much as possible of the matter

debet, ut cum infirmus aliquis implendus; modo in partibus, aut quia ipsius ejus membri imbecillitas id requirit, aut quia alterius. Nam et capitis longos dolores ipsius frictio levat; non in impetu tamen doloris: et membrum aliquod resolutum ipsius frictione confirmatur. Longe tamen sæpius aliud perfricandum est, cum aliud dolet; maximeque cum a summis, aut a mediis partibus corporis evocare materiam volumus; ideoque extremas partes perfricamus. Neque audiendi sunt, qui numero finiunt, quoties aliquis perfricandus

sit. Id enim ex viribus hominis colligendum est: et si is perinfirmus est, potest satis esse quinquagies; si robustior, potest ducenties esse faciendum; inter utrumque deinde, prout vires sunt. Quo fit, ut etiam minus sæpe in muliere, quam in viro; minus sæpe in puero, vel sene, quam in juvene, manus dimovendæ sint. Denique, si certa membra perfricantur, multa valentique frictione opus est. Nam neque totum corpus infirmari cito per partem potest, et opus est quam plurimum materiæ digerere, sive id ipsum membrum, sive per id

digeri, sive levamus id membrum ipsum, sive aliud per
be dissipated, whether we relieve that part itself, or another through
 id. At ubi imbecillitas totiûs corporis exigit hanc curationem
it. But when weakness of the whole body requires this treatment
 per totum id, debet esse brevior et lenior;
throughout the whole (of) it (all over), it ought to be shorter and more gentle;
 ut tantummodo emolliat summam cutem, quo fiat
so that it may only soften the surface of the skin, that it may become
 facilius capax novæ materiæ ex recenti cibo. Posui
more easily receptive of the new matter from recent food. I have stated
 supra ægrum esse jam in malis ubi exterior pars corporis
above that the patient is now in danger when the external part of the body
 friget, interior calet, cum siti. Sed tunc quoque unicum præsidium
is cold, internal is hot, with thirst. But then also the only safety
 est in frictione; quæ, si evocavit calorem in cutem
is in friction; which, if it has called out the heat into the skin (surface)
 potest facere locum alicui medicinæ.
may make room for some medicine.

CHAP. XV.

CAP. XV.

Gestatio.

Gestation.

Gestatio	est	quoque	aptissima	longis	morbis,	et
Gestation	is	also	very fit	for chronic	diseases,	and (those)
jam	inclinatis:		que	est	et utilis	iis
already	inclined (on the decline):		and	it is	also serviceable	to those
corporibus	quæ	jam	carent		febre	ex toto,
bodies	which	now	want (are free from)		fever	altogether,
sed	possunt non	adhuc	exerceri	per	se;	et iis
but	cannot	as yet	be exercised	by	themselves;	and to those
quibus	lentæ	reliquæ	morborum	remanent,	neque	aliter
in which	the lingering	remains	of diseases	continue,	nor	otherwise
eliduntur.	Asclepiades	dixit	utendum esse (sc. nobis)		gestatione	
are expelled.	Asclepiades	has said	that we ought to use		gestation	

aliud levamus. At ubi totiûs corporis imbecillitas hanc curationem per totum id exigit, brevior esse debet et lenior; ut tantummodo summam cutem emolliat, quo facilius capax ex recenti cibo novæ materiæ fiat. In malis jam ægrum esse, ubi exterior pars corporis friget, interior cum siti calet, supra posui. Sed tunc quoque unicum in frictione præsidium est; quæ si calorem in cutem evocavit potest alicui medicinæ locum facere.

CAP. XV.—*Gestatio*.—GESTATIO quoque longis et jam inclinatis morbis aptissima est: utilisque est et iis corporibus, quæ jam ex toto febre carent, sed adhuc exerceri per se non possunt; et iis, quibus lentæ morborum reliquæ remanent, neque aliter eliduntur. Asclepiades etiam in recenti vehementique, præcipueque ardente febre, ad discutiendam eam, gestatione dixit utendum: sed id periculose fit; meliusque quiete ejusmodi impetus sustinetur. Si

etiam in recenti que vehementi, que præcipue ardente
 even in a recent and vehement, and especially ardent
 febre, ad discutendam eam: sed id fit periculose; que
 fever, to discuss it: but that is done dangerously; and
 impetus ejûsmodi sustinetur melius quiete. Tamen si
 an impetus of that kind is borne better by quiet. However if
 quis volet experiri, experiatur sic;
 any one shall wish to try (it), he should try (it) thus (under the following
 circumstances); si lingua non erit aspera, si suberit
 if the tongue shall not be rough, if there shall be
 nullus tumor, nulla durities, nullus dolor visceribus, aut
 no swelling, no hardness, no pain to (in) the bowels, or
 capiti, aut præcordiis. Et ex toto, dolens corpus
 head, or præcordia. And altogether, a painful body
 nunquam debet gestari, sive id est in toto
 never ought to be carried, whether that is in the whole
 (corpore,) sive in parte; nisi, tamen, nervis solis
 body, or in a part; unless, however, the nerves alone
 dolentibus; neque unquam febre increscente, sed in
 being painful; nor ever (while) a fever (is) increasing, but in
 remissione ejûs. Autem sunt plura genera gestation:
 of the remission of it. But there are several kinds of gestation:
 quæ sunt adhibenda et pro viribus et
 which are to be applied (adopted) both according to the strength and
 pro opibus cujusque; ut ne digerant
 according to the wealth of each (patient); that they do not waste (reduce)
 imbecillum hominem nimis, aut desint
 a weak person too much, or be wanting (beyond the means)
 humili. Lenissima est navi vel in
 to a low one (a poor one). The gentlest is in a ship either in
 portu, vel in flumine; vehementior vel in nave alto
 port, or in a river; more violent either in a ship on the deep
 mare, vel lecticâ; etiamnum acrior vehiculo. Atque hæc
 sea, or in a litter; even still more brisk in a chariot. And these
 ipsa (subintel. "genera") possunt et intendi et leniri.
 themselves may both be increased and made mild.
 Si nihil horum est, lectus debet suspendi
 If none of these is (convenient), the bed ought to be suspended
 et moveri: si id quidem est ne, at fulmentum
 and moved: if that even is not (practicable), yet a prop
 certe est subjiendum uni pedi, atque ita lectus
 at least is to be placed under one foot, and thus the bed

quis tamen experiri volet, sic experiatur, si lingua non erit aspera, si nullus tumor, nulla durities, nullus dolor visceribus, aut capiti, aut præcordiis suberit. Et ex toto, nunquam gestari corpus dolens debet, sive id in toto, sive in parte est; nisi tamen solis nervis dolentibus; neque unquam increscente febre, sed in remissione ejûs. Genera autem gestationis plura sunt: quæ adhibenda sunt et pro

viribus cujusque, et pro opibus; ne aut imbecillum hominem nimis digerant, aut humili desint. Lenissima est navi, vel in portu, vel in flumine; vehementior vel in alto mari nave, vel lectica; etiamnum acrior vehiculo. Atque hæc ipsa et intendi et leniri possunt. Si nihil horum est, suspendi lectus debet, et moveri: si ne id quidem est, at certe uni pedi subjiendum fulmentum est, atque ita lectus

impellendus huc et illuc manu. Et quidem levia
to be driven hither and thither by the hand. And indeed the gentle
genera exercitationis conveniunt infirmis: vero valentiora, iis
kinds of exercise suit the weak: but the stronger, those
qui liberati sunt febre jam pluribus diebus; aut iis,
who have been freed from fever now for several days; or those,
qui sic sentiunt initia gravium morborum, ut adhuc
who so feel the beginnings of severe diseases, that as yet
vacant febre, quod fit et in tabe,
they are free from fever, which happens (occurs) both in consumption,
et in vitilis stomachi, et cum aqua subiit
and in disorders of the stomach, and when water has gone under
cutem, et interdum regio morbo; aut ubi
(infiltrated) the skin (dropsy), and sometimes in jaundice; or when
quidam morbi, qualis (est) comitialis, qualis est
certain diseases, such as (is) the comitial (epilepsy), such as is
insania, manent, quamvis diu sine febre. In
insanity, remain, although for a long time without fever. In
quibus affectibus ea genera exercitationum quoque sunt
which affections those kinds of exercises also are
necessaria, quæ comprehendimus eo loco, quo
necessary, which we have comprehended in that place, in which
præcepimus quemadmodum sani, neque firmi homines
we have directed in what manner healthy, nor yet strong persons
gererent se.
should regulate themselves.

CAP. XVI.

CHAP. XVI.

Abstinētia.

Abstinence.

Vero sunt duo genera abstinentiæ: alterum (genus) ubi
But there are two kinds of abstinence: the one when
æger assumit nihil; alterum ubi non nisi quod
the patient takes nothing; the other when not but (only) what

huc et illuc manu impellendus. Et levia quidem genera exercitationis infirmis conveniunt: valentiora vero iis, qui jam pluribus diebus febre liberati sunt; aut iis, qui gravium morborum initia sic sentiunt, ut adhuc febre vacent, quod et in tabe, et in stomachi vitiiis, et cum aqua cutem subiit, et interdum in morbo regio fit; aut ubi quidam morbi, qualis comitialis, qualis insania est, sine febre,

quamvis diu, manent. In quibus affectibus ea quoque genera exercitationum necessaria sunt, quæ comprehendimus eo loco, quo, quemadmodum sani, neque firmi homines se gererent, præcepimus.

CAP. XVI.—*Abstinētia.*—ABSTINENTIÆ vero duo genera sunt: alterum, ubi nihil assumit æger; alterum, ubi non nisi quod oportet.

oportet <i>it behooves</i>	(sc. eum assumere.) <i>him to take.</i>		Initia <i>The beginnings</i>	morborum <i>of diseases</i>	primum <i>first</i>
desiderant <i>require</i>	famem <i>fasting</i>	que <i>and</i>	sitim : <i>thirst ;</i>	deinde <i>then</i>	morbi <i>the diseases</i>
(desiderant)	moderationem, <i>regulation,</i>	ut <i>so that</i>	neque <i>neither</i>	aliud <i>any thing else</i>	quam (quod) <i>than</i>
expedit, <i>is needful,</i>	neque <i>nor</i>	nimum <i>too much</i>	ejus <i>of that</i>	ipsius <i>itself</i>	sumatur. <i>be taken.</i>
neque <i>neither</i>	convenit <i>does it suit</i>	satietatem <i>that satiety</i>	esse <i>be</i>	protinus <i>immediately</i>	juxta <i>next to (immediately</i>
succeed to)	inediam. <i>fasting.</i>	Quod, <i>Which,</i>	si <i>if</i>	est <i>it is</i>	inutile <i>injurious</i>
corporibus <i>bodies</i>	ubi <i>when</i>	aliqua <i>any</i>	necessitas <i>necessity</i>	fecit <i>has caused</i>	famem, <i>hunger,</i>
inutilius <i>more injurious</i>	est <i>is it</i>	in <i>in</i>	corpore <i>a body</i>	etiam <i>also</i>	ægro? <i>diseased ?</i>
adjuvat <i>relieve</i>	laborantem <i>a person suffering</i>	magis <i>more</i>	quam <i>than</i>	tempestiva <i>timely</i>	abstinentia. <i>abstinence.</i>
nos, <i>us,</i>	intemperantes <i>intemperate</i>	homines <i>men</i>	dant <i>give (leave)</i>	curantibus <i>to those curing</i>	(their physicians)
(sc. præcipere) <i>(to prescribe)</i>	tempora <i>the times</i>	cibi <i>of the food</i>	ipsi <i>itself.</i>	("antiq. pro ipsius aut fortasse	
genitiv. est ab ipsus," quod in Terent. invenitur).				Rursus, <i>Again,</i>	alii remittunt <i>others grant</i>
pro dono <i>as a gift</i>	tempora <i>the periods</i>	medicis, <i>to their physicians,</i>	vindicant <i>claim</i>	modum <i>the quantity</i>	sibi ipsis. <i>for themselves.</i>
Credunt <i>They believe</i>	se <i>that they</i>	agere <i>act</i>	liberaliter, <i>liberally,</i>	qui <i>who</i>	relinquunt <i>leave</i>
arbitrio <i>to the will (discretion)</i>		illorum (medicorum), <i>of the former,</i>		sunt <i>are</i>	liberi in genere <i>free in the kind</i>
cibi; <i>of the food ;</i>	quasi <i>as if</i>	quærat <i>it be questioned</i>	quid <i>what</i>	liceat <i>may be permitted</i>	(left to the
direction of)	medico, <i>to the physician,</i>	non <i>not</i>	quid <i>what</i>	sit <i>may be</i>	salutare <i>salutary</i>
Cui <i>Whom</i>	vehementer nocet, <i>it severely injures,</i>	quoties <i>as often as</i>	peccatur, <i>it is transgressed,</i>	vel <i>either</i>	in <i>in</i>
tempore, <i>the time,</i>	vel <i>or</i>	modo, <i>quantity,</i>	vel <i>or</i>	genere <i>kind</i>	ejus <i>of that</i>
				quod <i>which</i>	assumitur. <i>is taken.</i>

Initia morborum primum famem, sitimque desiderant: ipsi deinde morbi, moderationem, ut neque aliud quam expedit, neque ejus ipsius nimium sumatur. Neque enim convenit juxta inediam protinus satietatem esse. Quod si sanis quoque corporibus inutile est, ubi aliqua necessitas famem fecit; quanto inutilius est in corpore etiam ægro? Neque ulla res magis adjuvat laborantem, quam tempestiva abstinentia. Intemperantes homines apud nos,

ipsi cibi tempora curantibus dant. Rursus alii, tempora medicis pro dono remittunt, sibi ipsis modum vindicant. Liberaliter agere se credunt, qui cetera illorum arbitrio relinquunt, in genere cibi liberi sunt; quasi quærat, quid medico liceat, non quid ægro salutare sit. Cui vehementer nocet, quoties in ejus, quod assumitur, vel tempore, vel modo, vel genere peccatur.

CAP. XVII.
CHAP. XVII.

Sudor.

Sweat.

Sudor etiam elicitur duobus modis: aut sicco calore, aut
Sweat also is elicited in two ways: either by a dry heat, or
balneo. Siccus est calor et calidæ arenæ, et laconici,
the bath. A dry is the heat both of warm sand, and of the laconicum
et clibani, et quarundam naturalium
(steam or vapour bath), and clibanus (portable stove), and of some natural
sudationum, ubi calidus vapor profusus terrâ includitur
sweatings, where the hot vapour poured forth from the earth is inclosed
ædificio, sicut habemus in myrtetis super Baias. Præter
by a building, as we have in the myrtle groves above Baiæ. Besides
hæc movetur sole quoque et exercitatione. Que hæc
these it is excited by the sun also and by exercise. And these
genera sunt utilia, quoties humor intus nocet, que is est
kinds are useful, as often as a humour within hurts, and it is
digerendus. Ac quædam vitia nervorum quoque
to be dissipated. And certain diseases of the nerves (potiusne tendons?) also
curantur optime sic. Sed cetera possunt convenire infirmis;
are treated best thus. But the other kinds may suit the weak;
sol et exercitatio tantum robustioribus; tamen qui tenentur
the sun and exercise only the more robust; but who are affected,
vel inter initia morborum, vel etiam gravibus morbis, sine
either at the beginnings of diseases, or even with severe diseases, without
febre. Autem cavendum est (nobis) ne quid horum tentetur
fever. But we must take care that nothing (no one) of these be tried
vel in febre, vel in cruditate. At usus balnei est duplex.
either in fever, or in crudity. But the use of the bath is twofold.
Nam modo, febribus discussis, facit initium plenioris
For sometimes, fevers being shaken off, it makes the beginning of fuller
cibi, que firmioris vini valetudini; modo tollit
diet, and of a stronger wine for (the recovery of) health; sometimes it carries off
febrem ipsam. Que fere adhibetur ubi expedit
the fever itself. And generally it is used when it is expedient

CAP. XVII. — Sudor. — SUDOR etiam duobus modis elicitur: aut sicco calore, aut balneo. Siccus calor est, et arenæ calidæ, et laconici, et clibani, et quarundam naturalium sudationum, ubi terra profusus calidus vapor ædificio includitur, sicut super Baias in myrtetis, habemus. Præter hæc, sole quoque, et exercitatione movetur. Utiliaque hæc genera sunt, quoties humor intus nocet, isque digerendus est. Ac nervorum quoque quædam vitia sic optime cu-
runtur. Sed cetera infirmis possunt convenire: sol, et exercitatio tantum robustioribus; qui tamen sine febre, vel inter initia morborum, vel etiam gravibus morbis tenentur. Cavendum autem est, ne quid horum vel in febre, vel in cruditate tentetur. At balnei duplex usus est. Nam modo, discussis febribus, initium cibi plenioris, vinique firmioris, valetudini facit; modo febrem ipsam tollit. Fereque adhibetur, ubi summam cutem relaxari, evocarique cor-

summam cutem relaxari, que corruptum humorem
that the surface of the skin be relaxed, and that the corrupted humour
 evocari, que habitum corporis mutari. Antiqui utebantur
be called forth, and that the habit of body be changed. The ancients used
 eo timidus: Asclepiades audacius. Autem neque debet
it more timidly (cautiously): Asclepiades more boldly. But neither ought
 ea res terrere (sc. ab ejus usu), si est tempestiva; ante
that thing to frighten (us), if it is seasonable; before (the proper)
 tempus nocet. Quisquis liberatus est febre, simulatque
time it hurts. Whosoever has been freed from a fever, as soon as it
 (febris) non accessit uno die, potest lavari tuto, eo (die)
has not come on for one day, may be washed safely, upon that
 qui est proximus, post tempus accessionis. At si
which is next (the following), after the time of the accession. But if
 ea febris solita est habere circuitum, sic ut revertatur
that fever has been accustomed to have a period, so that it may return
 tertio ve quarto die, quandocunque non accessit, balneum est
on the third or fourth day, whensoever it has not come on, the bath is
 tutum. Vero febribus adhuc manentibus, si hæ sunt lentæ, que
safe. But the fever(s) still remaining, if these are slow, and
 splenes jamdiu habent male, ista medicina recte tentatur:
the spleens now a long time make ill, that treatment is properly tried:
 cum eo tamen, (ut) præcordia sint non dura, ve
with this (understanding) however, that the præcordia be not hard, or
 ne tumeant ve lingua sit non aspera, ve sit
do not swell (are not swollen) or the tongue be not rough, or there be
 ne ullus dolor aut in medio corpore aut in capite, ve
not any (no) pain either in the middle (of) the body or in the head, or
 febris ne tum increseat. Et quidem in iis febribus, quæ habent
the fever be not then increasing. And even in those fevers, which have
 certum circuitum, sunt duo tempora balnei; alterum
a certain period, there are two times (proper) for the bath; the one
 ante horrorem; alterum, febre finita: vero
before the shivering; the other, the fever (paroxysm) being terminated: but
 in iis qui detinentur diu lentis febriculis, cum
in those who are affected a long time with slow slight fevers, when
 accessio aut recessit ex toto aut, si id non solet
the accession either has departed altogether, or, if that is not accustomed
 certe lenita est, que corpus jam est tam integrum quam
(to happen) at least has been abated, and the body now is as sound so
 maxime solet esse in eo genere valetudinis. Imbecillus homo
far as it is accustomed to be in that kind of disease. A weak person

ruptum humorem, et habitum corporis mutari
 expedit. Antiqui timidus eo utebantur: Asclepiades audacius. Neque terrere autem ea
 res, si tempestiva est, debet; ante tempus,
 nocet. Quisquis febre liberatus est, simulatque
 ea uno die non accessit, eo qui proximus est,
 post tempus accessionis, tuto lavari potest. At
 si circuitum habere ea febris solita est, sic ut
 tertio, quartove die revertatur, quandocunque
 non accessit, balneum tutum est. Manentibus
 vero adhuc febribus, si hæ sunt lente, lenesque
 jamdiu male habent, recte medicina ista ten-

tatur: cum eo tamen, ne præcordia dura sint,
 neve ea tumeant, neve lingua aspera sit, neve
 aut in medio corpore, aut in capite dolor ullus
 sit, neve tum febris increseat. Et in iis qui-
 dem febribus, quæ certum circuitum habent,
 duo balnei tempora sunt; alterum, ante hor-
 rorem; alterum, febre finita: in iis vero, qui
 lentis febriculis diu detinentur, cum aut ex
 toto recessit accessio; aut, si id non solet,
 certe lenita est, jamque corpus tam integrum
 est, quam maxime esse in eo genere valetudinis
 solet. Imbecillus homo, iturus in balneum,

(qui est) iturus in balneum debet vitare (ut) ne experiatur
about to go into a bath ought to take care that he do not experience
 aliquod frigus ante. Ubi venit in balneum
(not to experience) any cold before. When he has come into the bath
 resistere paulisper, que experiri num tempora adstringantur, et
to stand for a little, and to try whether his temples are constricted, and
 an aliquis sudor oriatur: si illud incidit, hoc non
whether any sweat arise: if the former happens, the latter has not
 secutum est, balneum est inutile eo die; que is est perumgendus
followed, the bath is injurious on that day; and he is to be anointed
 leniter, et auferendus; que frigus vitandum omni modo,
gently, and to be taken away; and cold to be avoided in every way,
 et utendum abstinentiâ. At si temporibus integris, sudor incipit
and he must use abstinence. But if the temples being sound, sweating begins
 primum ibi (sc. temporibus) deinde alibi, fovendum est os
first there afterwards elsewhere, he must wash the mouth
 multâ calidâ aquâ; tum desidendum in solio; atque ibi
with much warm water; then (he must) sit down in the solium; and there
 quoque videndum, num summa cutis inhorrescat sub
also he must observe, whether the surface (of the) skin shivers at
 primo contactu calidæ aquæ: quod tamen potest vix fieri,
the first touch of the warm water: which however can scarcely happen,
 si priora cesserunt recte: autem id est certum signum
if the former things have fallen out rightly: but that is a certain sign
 balnei inutilis. Vero aliquis cognoscat ex ratione
of the bath (being) injurious. But any one may know from the state
 suæ valetudinis debeat perungi ante quam demittat
of his own health whether he ought to be anointed before that he lower
 se in calidam aquam an postea. Fere tamen nisi
himself into the warm water or afterwards. Generally however except
 ubi præcipiatur nominatim, ut fiat postea corpus (est)
when it is directed expressly, that it be done afterwards the body (is)
 perungendum leniter sudore moto; deinde est demittendum
be anointed gently (on) sweating being excited; then it is to be lowered
 in calidam aquam. Atque hic quoque ratio virium est
into the warm water. And here also the state of the strength is
 habenda, neque committendum (sc. est nobis) ut anima deficiat
to be considered, nor ought we to hazard that life fail (he faint)
 per æstum; sed is est auferendus maturius, que involvendus
through the heat; but he is to be taken away sooner, and to be wrapped up
 curiose vestimentis, ut neque frigus aspiret ad eum, et quoque
carefully in clothes, that neither cold may blow (upon) him, and also

vitare debet, ne ante frigus aliquod experiatur: ubi in balneum venit, paulisper resistere, experiri que tempora adstringantur, et an sudor aliquis oriatur: illud si incidit, hoc non secutum est, inutile eo die balneum est; perungendumque omni modo frigus, et abstinentia utendum. At si temporibus integris, primum ibi, deinde alibi sudor incipit, fovendum os aqua calida; tum in solio desidendum est; atque ibi quoque videndum, num sub primo contactu aquæ calidæ summa cutis inhorrescat: quod vix tamen fieri potest, si priora recte cesserunt:

certum id autem signum inutilis balnei est. Ante vero, quam in aquam calidam se demittat, an postea aliquis perungi debeat, ex ratione valetudinis suæ cognoscat. Fere tamen, nisi ubi nominatim, ut postea fiat, præcipiatur, moto sudore leniter corpus perungendum; deinde in aquam calidam demittendum est. Atque hic quoque habenda virium ratio est, neque committendum, ut per æstum anima deficiat; sed maturius is auferendus, curioseque vestimentis involvendus est, ut neque ad eum frigus aspiret, et ibi quoque, antequam aliquid assumat, insudet. Fomenta quoque calida sunt, milium,

sudet ibi antequam assumat aliquid. Fomenta
 (that) he may sweat there before that he take any thing. Fomentations
 quoque sunt milium, sal, arena: quodlibet eorum calefactum, et
 also are millet-seed, salt, sand; any one of these made hot, and
 Conjectum in linteum; si est opus minore vi, etiam linteum
 thrown into (upon) linen; if there is need of less power, even linen
 solum: at si majore, extincti titiones: que involuti
 alone: but if greater, extinguished tiles (coals) and wrapped up (folded)
 panniculis, et sic circumdati. Quin etiam utriculi replentur
 in cloths, and thus applied round. Moreover bottles are filled
 calido oleo; et aqua conjicitur in fictilia vasa, quas vocant
 with warm oil; and water is poured into earthen vessels, which they call
 lenticulas a similitudine; et sal excipitur linteo sacco, que
 lenticulæ from their similitude; and salt is received in a linen bag, and
 demittitur in bene calidam aquam, tum collocatur super id
 is let down into very hot water, then is placed upon that
 membrum quod est fovendum. Que duo ferramenta, capitibus
 part which is to be fomented. And two irons, with the heads
 paulo latioribus, sunt juxta ignem: que alterum ex his
 a little broader, are (kept) near the fire: and the one of these
 demittitur in eum salem, et aqua aspergitur leviter super (sc. salem);
 is lowered into that salt, and water is sprinkled slightly upon it;
 ubi coepit frigere, refertur ad ignem; et idem
 when it has begun to cool, it is brought back to the fire; and the same
 fit in altero; deinde invicem in utroque:
 is done in (with) the other; then by turns (alternately) with both:
 inter quæ salsus et calidus succus descendit, qui (sc. succus,
 during which the salt and hot liquor descends, which
 opitulatur nervis contractis aliquo mordo. Commune (sc. proprium)
 relieves the sinews contracted by any disease. The common (property)
 omnibus his est, digerere id, quod vel onerat præcordia, vel
 to all these is, to dissipate that, which either oppresses the præcordia, or
 strangulat fauces, vel nocet in aliquo membro. Autem quando
 suffocates the fauces, or hurts in any part. But when
 utendum sit (sc. nobis) quoque, dicetur in generibus ipsis
 we ought to use each one, will be stated in the kinds themselves
 morborum.
 of the diseases.

sal, arena; quodlibet eorum calefactum, et in
 linteum conjectum; si minore vi opus est,
 etiam solum linteum; at si majore, extincti
 titiones, involutique panniculis, et sic circum-
 dati. Quin etiam calido oleo replentur utri-
 culi; et in vasa fictilia, a similitudine quas
 lenticulas vocant, aqua conjicitur; et sal sacco
 linteo excipitur, demittiturque in aquam bene
 calidam, tum super id membrum, quod foven-
 dum est, collocatur. Juxtaque ignem ferra-
 menta duo sunt, capitibus paulo latioribus:

alterumque ex his demittitur in eum salem, et
 aqua super leviter aspergitur; ubi frigere coe-
 pit, ad ignem refertur, et idem in altero fit;
 deinde invicem in utroque: inter quæ descen-
 dit salsus et calidus succus, qui contractis ali-
 quo morbo nervis opitulatur. His omnibus
 commune est, digerere id, quod vel præcordia
 onerat, vel fauces strangulat, vel in aliquo
 membro nocet. Quando autem quoque uten-
 dum sit, in ipsis morborum generibus dicetur,

CAP. XVIII.

CHAP. XVIII.

Vires Ciborum.
The Powers of Foods.

Cum dictum sit (sc. a nobis) de iis, quæ juvant
Since it has been spoken (we have treated) about those things, which assist
detrahendo; veniendum est (nobis) ad ea quæ alunt, id
by evacuating; we must come to those things which nourish, that
est, cibum et potionem. Autem hæc sunt communia præsidia
is, food and drink. But these are the common safeguards
non tantum omnium morborum, sed etiam secundæ valetudinis: que
not only of (in) all diseases, but also of good health: and
pertinet ad rem, nosse proprietates omnium, primum ut
it belongs to the matter, to know the properties of all, first that
sani sciant quomodo utantur his; deinde ut liceat
the healthy may know how they should use them; then that it may be permitted
nobis exsequentibus curationes morborum, subicere species rerum
to us (while) tracing out the cures of diseases, to subjoin the kind of things
quæ erunt assumendæ, neque sit necesse subinde nominare
which will be to be taken, nor that it be necessary frequently to name
eas singulas. Igitur oportet scire, omnia
(to specify) them single (individually). Therefore it behooves to know, that all
legumina, que ex frumentis quæ sunt panificia, esse
legumes, and of grains (those) which are makeable into bread, are
valentissimi generis: (voco valentissimum in quo est plurimum
of the strongest kind: I call the strongest in which there is the most
alimenti:) item omne quadrupes animal natum domi
(of nourishment:) also every quadruped animal born at home (tame)
omnem grandem feram, quales sunt caprea cervus, aper,
every large wild beast, such are the antelope (chamois goat) the stag, boar,
onager; omnem grandem avem, quales sunt anser et pavo, et
wild ass; every large bird, such are the goose and peacock, and
grus; omnes marinas belluas, ex quibus est cetus, que quæ,
crane; all sea monsters, of which is the whale, and those which
sunt pares his; item mel et caseum. Quo est minus
are equal to these; likewise honey and cheese. Whence it is not

CAP. XVIII.—*Ciborum Vires.*—CUM de iis dictum sit, quæ detrachendo juvant; ad ea veniendum est, quæ alunt, id est, cibum et potionem. Hæc autem non omnium tantum morborum, sed etiam secundæ valetudinis communia præsidia sunt: pertinetque ad rem, omnium proprietates nosse; primum, ut sani sciant, quomodo his utantur; deinde, ut exsequentibus nobis morborum curationes, liceat species rerum, quæ assumendæ erunt, subicere, neque necesse sit subinde sin-

gulas eas nominare. Scire igitur oportet, omnia legumina, quæque ex frumentis panificia sunt, generis valentissimi esse: (valentissimum voco, in quo plurimum alimenti est:) item omne animal quadrupes domi natum; omnem grandem feram, quales sunt caprea, cervus, aper, onager; omnem grandem avem, quales sunt anser, et pavo, et grus; omnes belluas marinas ex quibus cetus est, quæque his pares sunt: item mel, et caseum. Quo

mirum pistorium opus quod constat ex frumento, adipe,
wonderful that the bakery work (pastry) which consists of corn, fat,
 melle, caseo, esse valentissimum. Vero ea debere numerari
honey, cheese, should be very strong. But those things ought to be reckoned
 in mediâ materiâ, quorum assumimus radices vel bulbos; ex
in the middle matter, of which we take the roots or bulbs; of
 quadrupedibus leporem; omnes aves a minimis ad phœnicopterum
quadrupeds the hare; all birds from the smallest to the phœnicopter
 (rubrum) angl. Flamingo item omnes pisces qui non patiuntur
(a crimson bird) also all fishes which do not suffer
 salem, ve saliantur solidi. Vero imbecillissimam materiam esse
salt, or are salted solid (whole). But that the weakest matter is
 omnem caulem oleris, et quidquid nascitur in caule, qualis est
every stalk of pot-herbs, and whatever grows on a stalk, such as is
 cucurbita, et cucumis, et capparisi; omnia poma, oleas,
the gourd, and cucumber, and caper; all apples (all the apple kind), olives,
 cochleas, que item conchulia. Sed quamvis hæc sint ita discreta,
snails, and also small shell-fish. But although these are so different,
 tamen etiam quæ sunt sub eâdem specie, recipiunt magna
yet even those which are under (of) the same species, admit great
 discrimina; que alia res est vel valentior vel infirmior aliâ.
differences; and one thing is either stronger or weaker than another.
 Siquidem est plus alimenti in pane quam in ullo alio:
Since there is more (of) nourishment in bread than in any other;
 triticum est firmitus quam milium; id ipsum quam hordeum; et
wheat is stronger than millet; that itself than barley; and
 ex tritico siligo (est) firmissima, deinde similia,
of the wheat the siligo (finest flour) (is) the strongest, then fine flour,
 deinde cui nihil ademptum est, quod Græci vocant
afterwards from which nothing has been taken away, which the Greeks call
 αὐτοπύρον: infirmior est ex polline (triticum pulveratum),
autopyron: the weaker is from flour of wheat,
 infirmissimus cibarius panis. Vero ex leguminibus faba vel lenticula
the weakest household bread. But of the legumes the bean or lentil
 (est) valentior quam pisum. Ex oleribus rapa que napi et
(is) stronger than pease. Of pot-herbs rape and turnips and
 omnes bulbi, (in quibus numero cepam quoque, et
every (all) bulbs, (in which I rank the onion also, and
 allium,) valentior quam pastinaca, vel quæ appellatur
garlic,) is stronger than the parsnip, or what is called
 specialiter radica: item brassica et beta et porrum firmior
specially horse-radish: also cabbage and beet and leek (is) stronger

minus mirum est, opus pistorium valentissimum esse, quod ex frumento, adipe, melle, caseo constat. In media vero materia numerari ex oleribus debere ea, quorum radices, vel bulbos assumimus; ex quadrupedibus, leporem; aves omnes a minimis ad phœnicopterum; item pisces omnes, qui salem non patiuntur, solidive saliantur. Imbecillissimam vero materiam esse, omnem caulem oleris, et quidquid in eaule nascitur, qualis est cucurbita, et cucumis, et capparisi; omnia poma, oleas, cochleas itemque conchylia. Sed quamvis hæc ita discreta sint, tamen etiam, quæ sub eadem specie sunt, magna discrimina recipiunt; alia-

que res alia vel valentior est, vel infirmior. Siquidem plus alimenti est in pane, quam in ullo alio: firmitus est triticum, quam milium; id ipsum, quam hordeum; et ex tritico firmissima siligo, deinde similia, deinde cui nihil ademptum est, quod αὐτοπύρον Græci vocant: infirmior est, ex polline; infirmissimus, cibarius panis. Ex leguminibus vero valentior faba, vel lenticula, quam pisum. Ex oleribus valentior rapa, napique, et omnes bulbi, (in quibus cepam quoque, et allium numero) quam pastinaca, vel quæ specialiter radica appellatur: item firmior brassica, et beta, et porrum, quam lactuca, vel cucurbita, vel asparagus. At ex

quam lectuca, vel cucurbita, vel asparagus. At ex frugibus
than lettuce, or gourd, or asparagus. But of the fruits
 surculorum, uvæ, ficus, nuces, palmulæ, (sunt)
of twigs (surculous or offshoots), grapes, figs, nuts, dates, (are)
 valentiores quam quæ proprie nominantur poma: atque ex his
stronger than (those) which strictly are named apples: and of those
 ipsis (poma), quæ (sunt) succosa, sunt firmitiora quam quæ
themselves, (those) which (are) juicy, are stronger than (those) which
 (sunt) fragilia. Item ex iis avibus, quæ sunt in mediâ
(are) crumbly (mealy). Also of those birds, which are in the middle
 specie, eæ quæ nituntur pedibus magis quam
(of the intermediate) kind, those which strive with their feet more than
 quæ (nituntur) volatu; et ex iis quæ fidunt volatu,
those which (strive) by flying; and of those which trust in flying,
 aves quæ (sunt) grandiores sunt firmitiores quam quæ
the birds which (are) larger are stronger than (those) which
 (sunt) minutæ; ut (Motacilla) ficedula et turdus. Atque eæ
(are) small; as (the epicurean) warbler and thrush. And those
 quoque, quæ degunt in aquâ, præstant leviores cibum quam
also, which live in the water, afford a lighter food than
 quæ habent non scientiam natandi. Vero inter domesticas
those which have not the knowledge of swimming. But amongst the domestic
 quadrupedes, suilla est levissima; bubula gravissima: quæ item ex
quadrupeds, pork is the lightest; beef the heaviest: and likewise of
 feris quo quodque animal (est) majus, eo cibum ex eo
wild beasts by what each animal (is) larger, by that the food from it
 (sc. animale) est robustior. Que eorum piscium, qui
is stronger (more strengthening). And of those fishes, which
 sunt ex mediâ materiâ, quibus utimur maxime, tamen gravissimi
are of the middle matter, which we use most, yet the heaviest
 sunt ex quibus salsamenta quoque possunt
are (those) of which salsaments (hard dried salt fish) also can
 fieri, qualis est lacertus; deinde qui, quamvis
be made, such as is the lacertus (lizard); then (those) which, although
 teneriores, tamen sunt duri, ut aurata (species piscis), corvus,
more tender, yet are hard, as the gilt head (spar-fish), cabot,
 sparus (annularis), oculata (spar. melanurus); tum plani (piscis);
the sparus (spar-fish), eye-fish (black-tailed spar); then flat-fish (ray-fish);
 post quos lupi (perca punctata) quæ nulli sunt etiamnum leviores,
after which dotted perch and mullets are even still lighter,
 et post hos omnes saxatiles. Vero neque est
and after these all rock-fish (gudgeons, Ovid). But neither is

fructibus surculorum valentiores uvæ, ficus, nuces, palmulæ, quam quæ poma proprie nominantur: atque ex his ipsis firmitiora, quæ succosa, quam quæ fragilia sunt. Item ex iis avibus, quæ in mediâ specie sunt, valentiores eæ, quæ pedibus, quam quæ volatu magis nituntur; et ex iis, quæ volatu fidunt, firmitiores quæ grandiores aves, quam quæ minutæ sunt; ut ficedula et turdus. Atque eæ quoque, quæ in aqua degunt, leviores cibum præstant, quam quæ natandi scientiam non habent. Inter domesticas vero quadrupedes, levissima suilla est; gravissima, bubula: itemque ex feris, quo majus quodque animal, eo robustior ex eo cibum est. Pisciumque eorum, qui ex mediâ materiâ sunt, quibus maxime utimur, tamen gravissimi sunt ex quibus salsamenta quoque fieri possunt, qualis lacertus est; deinde qui, quamvis teneriores, tamen duri sunt, ut aurata, corvus, sparus, oculata; tum plani; post quos etiamnum leviores lupi, mullique, et post hos, omnes saxatiles. Neque vero in generibus rerum tantummodo discrimen est, sed etiam in ipsis: quod et ætate fit, et membro, et

discrimen tantummodo in generibus rerum, sed etiam in
he differenc only in the kinds (classes) of the things, but even in
 ipsis (sc. rebus): quod fit et ætate, et membro,
themselves: which occurs both from the age, and the part (of the body),
 et solo, et cœlo, et habitu. Nam omne quadrupes animal,
and soil, and atmosphere, and condition. For every four-footed animal,
 si est lactens, præstat minus alimenti; que item cohortalis
f it is sucking, affords less (of) aliment; and likewise a coop
 pullus, quo tenerior est: in piscibus quoque media ætas, quæ
fowl, the younger it is: in fishes also the middle age, which
 nondum implevit summam magnitudinem. Deinde ex eodem
has not yet completed (reached) the greatest size. Then of the same
 sue ungulæ, rostrum, aures, cerebellum; ex agno, ve
hog the hoofs (feet), the snout (cheeks), ears, brain; of a lamb, or
 hædo, totum caput cum petiolis sunt aliquanto leviora
kid, the whole head with the little feet (petitoes) are somewhat lighter
 quam cetera membra: adeo ut possint poni in mediâ
than the other parts: so that they may be placed in the middle
 materiâ. Ex avibus, colla, ve alæ adnumerantur recte
matter. Of birds, the necks, or the wings are reckoned (classed) rightly
 infirmisimis. Vero quod pertinet ad solum, frumentum collinum
with the weakest. But as relates to soil, corn that grows on a hill
 est quoque valentius quam campestre: piscis editus
is also stronger than that growing in the plain: the fish produced
 inter saxa levior quam (qui) in arenâ: in
among rocks (is) lighter than (that which) in the sand; (that) in
 arenâ levior, quam in limo; quo fit, ut eadem genera
the sand (is) lighter, than in mud: whence it happens, that the same kinds
 ex stagno, vel lacu, vel flumine, sint graviora: que qui
from a pool, or lake, or river, are heavier: and (that) which
 vixit in alto levior, quam qui (vixit) in
has lived in the deep (is) lighter, than (that) which (has lived) in
 vado. Omne ferum animal etiam levius
a shoal (shallow place). Every wild animal also (is) lighter
 domestico; et quodcunque natum est humido
than the tame one; and whatever has been brought forth (produced) in a moist
 cœlo, quam quod (natum est) sicco. Deinde omnia eadem
air, than what (has been, &c.) in a dry one. Then all the same things
 pinguia habent plus alimenti, quam macra; recentia quam salsa;
fat have more (of) nourishment than lean; fresh than salt;
 nova quam vetusta. Tum eadem res jurulenta alit magis
new than old. Then the same thing stewed in broth nourishes more

solo, et cœlo, et habitu. Nam quadrupes omne animal, si lactens, est, minus alimenti præstat; itemque quo tenerior pullus cohortalis est: in piscibus quoque media ætas, quæ nondum summam magnitudinem implevit. Deinde ex eodem sue, ungulæ, rostrum, aures, cerebellum; ex agno, hædove, cum petiolis totum caput aliquanto, quam cetera membra, leviora sunt: adeo ut in media materia poni possint. Ex avibus, colla, alæ recte infirmisimis adnumerantur. Quod ad solum vero pertinet, frumentum quoque valentius est collinum, quam

campestre: levior piscis inter saxa editus, quam in arena; levior in arena, quam in limo: quo fit, ut ex stagno, vel lacu, vel flumine eadem genera graviora sint: leviorque, qui in alto, quam qui in vado vixit. Omne etiam ferum animal domestico levius; et quodcunque humido cœlo, quam quod sicco natum est. Deinde eadem omnia pinguia, quam macra; recentia quam salsa; nova, quam vetusta, plus alimenti habent. Tum res eadem magis alit jurulenta, quam assa; magis assa, quam elixa. Ovum durum valentissimæ materiæ est; molle,

quam assa; assa magis quam elixa. Durum
 than (when) roasted; (when) roasted more than (when) boiled. A hard
 ovum est valentissimæ materiæ; molle vel sorbile, imbecillissimæ.
 egg is of the strongest material; a soft or poached, of the weakest.
 Que cum omnia panificia sint firmissima, tamen quædam
 And although all things for making bread are the strongest, yet some
 elota genera frumenti, ut alica oryza, ptisana (hordei Decoctum)
 washed kinds of corn, as rounded maize, rice, ptisan
 vel sorbitio facta ex iisdem, vel pulicula, et panis quoque
 or gruel made from the same, or pottage, and bread also
 madens aquâ potest adnumerari imbecillissimis.
 moist with water (pap or panada) may be classed with the weakest.
 Vero ex potionibus, quæcunque (sc. potio) est facta ex frumento,
 But of drinks, whatever one is made from grain,
 que item lac, mulsum (ex vino cum melle factum), defrutum (vinum incoctum),
 and also milk, honeyed wine (wine and honey) boiled must,
 passum (ex uvis sole siccatis confectum,) vinum aut dulce, aut
 raisin wine (wine from grapes dried in the sun,) wine either sweet, or
 vehemens, aut mustum, aut magnæ vetustatis, est valentissimi
 strong, or must (wine), or of great oldness (age), is of the strongest
 generis. At acetum, et id vinum quod est paucorum annorum,
 kind. But vinegar, and that wine which is of few years (new),
 vel austerum, vel pingue, est in mediâ materiâ: que ideo
 or rough, or fat (oily), is in the middle matter: and therefore
 (vinum) alterius generis nunquam debet dari infirmis.
 of another kind never (no other kind ever) ought to be given to weak
 (persons). Aqua est imbecillissima omnium. Que potio ex
 Water is the weakest of all. And the drink from
 frumento est firmior, quo firmius frumentum ipsum fuit: firmior
 grain is stronger, the stronger the grain itself has been: stronger
 ex eo vino, quod natum est bono solo, quam
 from that wine, which has grown (been produced) in a good soil, than
 quod tenui; que quod
 what (has been produced) in a poor one; and (that) which (has grown)
 temperato cælo, quam quod aut nimis humido,
 in a temperate air, than (that) which (has grown) either in a too moist,
 aut nimis sicco, que nimium aut frigido aut calido (sc. cælo.)
 or too dry, and a too either cold or hot (air.)
 Mulsum, quo plus mellis habet; defrutum, quo magis
 Honeyed wine, the more (of) honey it has; boiled must, the more
 incoctum (est); passum, quo est ex sicciore uvâ, eo
 it has been boiled; raisin wine, by what it is from a drier grape, by that

vel sorbile, imbecillissimæ. Cumque panificia omnia firmissima sint, elota tamen quædam genera frumenti, ut alica, oryza, ptisana, vel ex iisdem facta sorbitio, vel pulicula, et aqua quoque madens panis, imbecillissimis adnumerari potest.

Ex potionibus vero, quæcunque ex frumento facta est, itemque lac, mulsum, defrutum, passum, vinum aut dulce, aut vehemens, aut mustum, aut magnæ vetustatis, valentissimi generis est. At acetum, et id vinum quod paucorum annorum, vel austerum, vel pingue est, in

media materia est: ideoque infirmis nunquam generis alterius dari debet. Aqua omnium imbecillissima est. Firmiorque ex frumento potio est, quo firmius fuit ipsum frumentum: firmior ex eo vino, quod bono solo, quam quod tenui; quodque temperato cælo, quam quod aut nimis humido, aut nimis sicco, nimiumque aut frigido, aut calido natum est. Mulsum, quo plus mellis habet; defrutum, quo magis incoctum; passum, quo ex sicciore uva est, eo valentius est. Aqua levissima pluvialis est: deinde fontana; tum ex flumine; tum ex pu-

valentius est. Pluvialis aqua est levissima; deinde fontana;
the stronger it is. Rain water is the lightest; afterwards fountain
 tum ex flumine; tum ex puteo; post hæc ex
(or spring); then from a river; then from a well; after these from
 nive, aut glacie; gravior his ex lacu; gravissima
snow, or ice; heavier than these from a lake; the heaviest (most unwholesome)
 ex palude. Cognito etiam est facilis, et necessaria
from a marsh. The examination also is easy, and necessary
 requiruntibus naturam ejus. Nam levis (aqua) apparet pondere;
to those requiring the nature of it. For the light appears from the weighing;
 et ex iis (aquis), quæ sunt pares pondere, eo melior quæque
and of those, which are equal in weight, the better each
 est, quo celerius et calefit et frigescit, que quo
is, the more quickly it both becomes hot and grows cold, and the
 celerius legumina percoquantur ex ea. Vero fere
more quickly legumes are thoroughly boiled from (in) it. But it mostly
 sequitur, ut, quo valentior quæque materia est, eo minus facile
follows, that, the stronger each matter is, the less easily
 concoquatur; sed si concocta est, alat plus. Itaque
can it be boiled; but when it has been boiled, it nourishes more. Wherefore
 utendum est (nobis) genere materiæ pro viribus; que
we must use the kind of matter according to the strength; and
 modus omnium sumendus pro genere. Ergo imbecillis
the quantity of all to be taken according to the kind. Therefore weak
 hominibus est (pro hab.) opus infirmis rebus; media materia
persons have need of very weak things; the intermediate matter
 sustinet mediocriter firmos optime; et validissima est apta
supports the moderately strong best of all; and the strongest is fit
 robustis (sc. hominibus.) Deinde aliquis potest assumere plus ex
for robust persons. Finally a person may take more of
 levioribus: debet temperare sibi magis, in iis, quæ sunt
the lighter: he ought to restrain himself more, in those things, which are
 valentissima.
strongest.

teo; post hæc ex nive, aut glacie; gravior
 his, ex lacu; gravissima, ex palude. Facilis
 etiam, et necessaria cognitio est naturam ejus
 requiruntibus. Nam levis, pondere apparet;
 et ex iis, quæ pondere pares sunt, eo melior
 quæque est, quo celerius et calefit et frigescit,
 quoque celerius ex ea legumina percoquantur.
 Fere vero sequitur, ut, quo valentior quæque
 materia est, eo minus facile concoquatur; sed
 si concocta est, plus alat. Itaque utendum est
 materiæ genere pro viribus; modusque omnium
 pro genere sumendus. Ergo imbecillis homi-
 nibus, rebus infirmis opus est; medio-
 criter firmos, media materia optime sustinet;
 et robustis apta validissima est. Plus deinde
 aliquis assumere ex levioribus potest: magis
 in iis, quæ valentissima sunt, temperare sibi
 debet.

CAP. XIX.

CHAP. XIX.

Varia The different		Indoles Nature		Ciborum. of Foods.			
Neque Nor	sunt are	hæc these	sola the sole (only)	discrimina; distinctions;	sed but	aliæ some	
res things	sunt are	boni of good	succi, juice,	aliæ mali; some of bad;	quas which	Græci the Greeks	vocant call
εὐχύλους (euchulous) good juiced		vel or	κακοχύλους (kakochulous); bad juiced;			aliæ some (are)	
lenes, mild,	aliæ some	acres; acid;	aliæ some	faciunt make	pituitam the phlegm	in in	nobis us
crassiores, thicker,	aliæ others	tenuiores; thinner;	aliæ some	sunt are	idoneæ fit (agree with)		
stomacho, for the stomach,	aliæ others	sunt are	alienæ: improper:	que and	item also	aliæ some	inflant, inflate,
aliæ others	absunt are absent	ab from (are free from)		hoc; this;	aliæ some	calefaciunt, heat,	aliæ others
refrigerant; cool;	aliæ some	facile easily	acescunt grow acid	in in	stomacho, the stomach,	aliæ others	non are not
facile easily	corrumpuntur corrupted	intus; within;	aliæ some	movent move	alvum, the belly,	aliæ others	supprimunt; bind it;
aliæ some	citant hasten (promote)	urinam, the urine,	aliæ others	tardant; delay it;	quædam some	movent excite	
somnum, sleep (drowsiness),	quædam some	excitant excite	sensus. the senses.	Omnia All	quæ which things		
sunt are	ideo therefore	noscenda, to be known,	quoniam because	aliud a different thing	convenit suits		
alii, a different person,	vel either	corpori for his body (constitution)	vel or	valetudini. his disorder.			

CAP. XX.

CHAP. XX.

Cibi Foods	boni of good	Succi. Juices.	
Triticum, Wheat,	siligo, the finest flour,	alica, rounded maize,	oryza, amyllum, tragus, rice, starch, foreign wheat,

CAP. XIX.—Ciborum Indoles varia.—NEQUE hæc sola discrimina sunt; sed etiam aliæ res boni succi, aliæ mali sunt; quas εὐχύλους vel κακοχύλους Græci vocant; aliæ lenes, aliæ acres; aliæ crassiores pituitam in nobis faciunt, aliæ tenuiores; aliæ idoneæ sunt stomacho, aliæ alienæ sunt; itemque aliæ inflant, aliæ ab hoc absunt; aliæ calefaciunt, aliæ refrigerant; aliæ facile in stomacho

acescunt, aliæ non facile intus corrumpuntur; aliæ movent alvum, aliæ supprimunt; aliæ citant urinam, aliæ tardant; quædam somnum movent, quædam sensus excitant. Quæ omnia ideo noscenda sunt, quoniam aliud alii, vel corpori, vel valetudini, convenit.

CAP. XX.—Cibi boni Succi.—BONI succi sunt, triticum, siligo, alica, oryza, amyllum, tragus,

ptisana, lac, mollis caseus, omnis venatio, omnes aves,
 ptisan, milk, soft cheese, all game (venison ?), all birds,
 quæ sunt ex mediâ materiâ, sunt boni succi;
 which are of the intermediate matter, are of good juice;
 ex majoribus (sc. avibus) eæ quoque, quas nominavi supra:
 of the larger those also, which I have named above:
 medii inter teneros que duros pisces, ut mullus et
 the middle (intermediate) between tender and hard fishes, as the mullet and
 lupus; verna lactuca (sativa), urtica, malva, cucumis,
 the dotted perch; the spring lettuce, nettle, mallow, cucumber,
 cucurbita, sorbile ovum, portulaca, cochleæ, pulmulæ: ex pomis,
 gourd, poached egg, purslain, snails, dates: of apples
 quodcunque est neque acerbum, neque acidum;
 (the pomacæ), whatever is neither bitter, nor acid;
 vinum dulce vel lene, passum, defrutum, oleæ quæ
 wine sweet or mild, raisin wine, boiled must, olives which
 servatæ sunt in alterutro ex duobus his: vulvæ, rostra:
 have been preserved in one or other of the two latter: the wombs, cheeks
 que trunculi suum, omnis pinguis caro, omnis
 and feet of hogs, all fat flesh (meat), all
 glutinosa (sc. caro), omne jecur.
 glutinous, every (kind of) liver.

CAP. XXI.

CHAP. XXI.

Cibi mali Succ.
 Foods of bad Juice.

Vero milium, panicum, hordeum, legumina, permacra domestica
 But millet, panic, barley, legumes, very lean domestic
 caro, que omnis salsa caro, omne
 flesh (of tame animals), and every (kind of) salt meat, all (kinds of)
 salsamentum, garum, vetus
 salt fish, fish sauce (a liquor made from the salted intestines of fish), old
 caseus, siser, radícula, rapa, napi, bulbi, brassica, que
 cheese, parsnip, horse radish, rape, turnips, bulbs, cabbage, and
 etiam magis cyma ejus, asparagus, beta, cucumis, porrum,
 still more the sprouts of it, asparagus, beet, cucumber, leek,

ptisana, lac, caseus mollis, omnis venatio, omnes aves, quæ ex media materia sunt; ex majoribus quoque eæ, quas supra nominavi: medii inter teneros durosque pisces, ut mullus, et lupus: verna lactuca, urtica, malva, cucumis, cucurbita, ovum sorbile, portulaca, cochleæ, pulmulæ: ex pomis quodcunque neque acerbum, neque acidum est: vinum dulce, vel lene, passum, defrutum, oleæ, quæ ex his duobus in alterutro servatæ sunt:

vulvæ, rostra, trunculique suum, omnis pinguis caro, omnis glutinosa, omne jecur.

CAP. XXI.—Cibi mali Succ.—MALI vero succi sunt, milium, panicum, hordeum, legumina, caro domestica permacra, omnisque caro salsa, omne salsamentum, garum, vetus caseus, siser, radícula, rapa, napi, bulbi, brassica, magisque etiam cyma ejus, asparagus, beta, cucumis, porrum, eruca, nasturtium, thymum,

eruca <i>rocket (basil royal),</i>	nasturtium, <i>water cresses,</i>	thymum, <i>thyme,</i>	nepeta, <i>cat-mint,</i>	satureia, <i>satyrion,</i>
hyssopum, <i>hyssop,</i>	ruta, <i>rue,</i>	anethum, <i>dill,</i>	feniculum, <i>fennel,</i>	cuminum, <i>cumin,</i>
sinapi, <i>mustard,</i>	allium, <i>garlic,</i>	cepa, <i>onion,</i>	lienes, <i>spleens,</i>	renes, <i>kidneys,</i>
			intestina, <i>intestines,</i>	quodcunque <i>whatsoever</i>
pomum <i>apple</i>	est <i>is</i>	acidum <i>acid</i>	vel <i>or</i>	acerbum, <i>bitter,</i>
			acetum, <i>vinegar,</i>	omnia <i>all</i>
acerba, <i>bitter things,</i>	oleum, <i>oil,</i>	quoque <i>also</i>	saxatiles <i>rock</i>	pisces, <i>fishes,</i>
				que <i>and</i>
qui <i>which</i>	sunt <i>are</i>	ex <i>of</i>	tenerrimo <i>the tenderest</i>	genere, <i>kind,</i>
				aut <i>or</i>
				qui <i>which</i>
				rursus <i>again</i>
				sunt <i>are</i>
nimum <i>too</i>	duri <i>hard</i>	que <i>and</i>	virosi, <i>strong flavoured,</i>	ut <i>as</i>
				fere <i>mostly (those are)</i>
stagna, <i>pools,</i>	lacus, <i>lakes,</i>	ve <i>or</i>	limosi <i>muddy</i>	rivi <i>rivers</i>
				ferunt, <i>bear (produce),</i>
				que <i>and</i>
excesserunt <i>have passed</i>	in <i>into (have attained)</i>		nimum <i>an excessive</i>	magnitudinem, <i>size,</i>
				sunt <i>are</i>
				mali <i>of bad</i>
succi. <i>juice.</i>				

CAP. XXII.

CHAP. XXII.

<i>Lenes</i>	<i>que</i>	<i>acres</i>	<i>Cibi.</i>
<i>Mild</i>	<i>and</i>	<i>acid</i>	<i>Foods.</i>

Autem <i>But</i>	lenes <i>the mild</i>	(cibi) <i>(foods)</i>	sunt <i>are</i>	sorbitio, <i>gruel,</i>	pulticula, <i>pottage,</i>	laganum, <i>sponge or pancake,</i>
amylum, <i>starch,</i>	ptisana, <i>ptisan,</i>	pinguis <i>fat</i>	caro, <i>meat,</i>	et <i>and</i>	quæcunque <i>whatever</i>	est <i>is</i>
quod <i>which</i>	fere <i>commonly</i>	quidem <i>indeed</i>	fit <i>happens</i>	in <i>in (with)</i>	omni <i>every (kind of)</i>	
domesticâ (sc. carne), <i>tame meat,</i>	tamen <i>however</i>	præcipue <i>especially</i>	in <i>in</i>	ungulis <i>the feet</i>	que <i>and</i>	trunculis <i>the petticoes</i>
suum, <i>of swine,</i>	in <i>in</i>	petiolis <i>the (little) feet</i>	que <i>and</i>	capitulis <i>(little) heads</i>	hædorum, <i>of kids,</i>	et <i>and</i>
vitulorum, <i>calves,</i>	et <i>and</i>	agnorum, <i>lambs,</i>	que <i>and</i>	omnibus <i>in all</i>	cerebellis: <i>brains:</i>	item <i>also</i>
						qui <i>what</i>

nepeta, satureia, hyssopum, ruta, anethum, feniculum, cuminum, anisum, lapathum, sinapi, allium, cepa, lienes, renes, intestina, pomum quodcunque acidum vel acerbum est, acetum, omnia acria, acida, acerba, oleum, pisces quoque saxatiles, omnesque, qui ex tenerrimo genere sunt, aut qui rursus nimium duri virosique sunt, ut fere quos stagna, lacus, limosive rivi ferunt, quique in nimiam magnitudinem excesserunt.

CAP. XXII. — *Cibi lenes acres que.* — LENES autem sunt, sorbitio, pulticula, laganum, amylum, ptisana, pinguis caro, et quæcunque glutinosa est: quod fere quidem in omni domestica fit, præcipue tamen in ungulis, trunculisque suum, in petiolis capitulisque hædorum et vitulorum et agnorum, omnibusque cerebellis: item qui proprie bulbi nominantur, lac, defrutum, passum, nuclei pinei. Acria sunt, omnia nimis anstera, omnia acida,

proprie nominantur bulbi, lac defrutum, passum pine
strictly are named bulbs, milk, boiled must, raisin wine, pine
 nuclei. Acrida sunt, omnia nimis austera, omnia acida,
nuts (apples). The acrids are, all things too austere, all acids,
 omnia salsa, et quidem mel, quo melius est, eo
all salt things, and even honey, the better it is, the
 magis (sc. acris): item allium, cepa, eruca, ruta, nasturtium,
more so: also garlic, onion, basil royal, rue, water cresses,
 cucumis, beta, brassica, asparagus, sinapi, radicula, intubus,
cucumber, beet, cabbage, asparagus, mustard, horse radish, endive,
 ocimum, lactuca, que maxima pars olerum.
basil, lettuce, and the greatest part of pot-herbs (vegetables?).

CAP. XXIII.

CHAP. XXIII.

Incrassantes et attenuantes Cibi.
Incrassating and attenuating Foods.

Autem sorbilia ova, alica, oryza, amyllum, ptisana, lac, bulbi, que
But poached eggs, rounded maize, rice, starch, ptisan, milk, bulbs, and
 fere omnia glutinosa faciunt pituitam crassiozem. Omnia
almost all glutinous things make the phlegm thicker. All
 salsa, atque acrida atque acida, extenuant eandem (sc. pituitam.)
salt, and acrid and acid things, extenuate (attenuate) the same.

CAP. XXIV.

CHAP. XXIV.

Cibi idonei Stomacho.
Foods suited to the Stomach.

Autem quæcunque sunt austera, sunt aptissima stomacho,
But whatever things are austere, are most fit for the stomach,
 etiam quæ sunt acida, que quæ sunt contacta modice sale:
also what are acid, and what are touched moderately with salt:
 item panis sine fermento, et elota alica,
also bread without ferment (unleavened), and washed rounded maize,

omnia salsa, et mel quidem, quo melius est, eo magis: item allium, cepa, eruca, ruta, nasturtium, cucumis, beta, brassica, asparagus, sinapi, radicula, intubus, ocimum, lactuca, maximaque olerum pars.

bilia, alica, oryza, amyllum, ptisana, lac, bulbi, omniaque fere glutinosa. Extenuant eandem, omnia salsa, atque acrida, atque acida.

CAP. XXIII.—Cibi incrassantes et attenuantes.
 —CRASSIOREM autem pituitam faciunt, ova sor-

CAP. XXIV.—Cibi Stomacho idonei.—STOMACHO autem aptissima sunt, quæcunque austera sunt, etiam quæ acida sunt, quæque contacta sale modice sunt: item panis sine fermento, et

vel oryza, vel ptisana; omnis avis, omnis venatio, atque
or rice, or ptisan; every (kind of) bird, every (kind of) game, and
utraque vel assa vel elixa: ex domesticis animalibus,
both either roasted or boiled: of domestic (tame) animals,
bubula: si quid ex ceteris sumitur, macrum potius quam
beef: if any of the others is taken, lean rather than
pingue: ungulae, rostra, aures, que steriles vulvae ex sue:
fat: the feet, cheeks, ears, and barren wombs of a sow:
ex oleribus, intubus, lactuca, pastinaca, elixa cucurbita,
of pot-herbs (vegetables), endive, lettuce, parsnip, boiled gourd,
siser: ex pomis, cerasum, morum, sorbum,
parsnip (carrot): of apples (the apple tribe), the cherry, mulberry, service berry,
fragile pirum, quale est Crustuminum vel Nævianum
the brittle (mealy) pear, such as is the Crustumine or Nævian:
(sc. pirum): item pira quae reponuntur Tarentina
likewise the pears which are accounted (are called) Tarentine
atque Signina; orbiculatum malum, aut Scandianum, vel
and Signine; the rounded apple, or Scandian, or
Amerinum, vel Cotoneum, vel Punicum, uvæ ex olla,
Amerine, or Quince, or Pomegranate, grapes from the pot (jar raisins),
molle ovum, palmulae, pinei nuclei, albæ oleæ ex durâ
soft egg, dates, pine nuts, white olives from hard (strong)
muriâ, eadem (sc. oleæ) intinctæ aceto, vel nigræ quæ
brine, the same steeped in vinegar, or black (ones) which
permaturuerunt bene in arbore, vel quæ servatæ sunt
have ripened thoroughly well upon the tree, or which have been preserved
in passo, ve defruto: austerum vinum, licet etiam sit
in raisin whey, or boiled must: austere wine, although even it be
asperum, item resinatum: duri pisces ex mediâ
rough, also resined (resin put into it): hard fishes of the intermediate
materiâ; ostrea, pectines, murices, purpuræ, cochleæ:
matter (class): the oyster, comb whelks, purple fishes, branchy murices, snails:
cibi que potiones frigidae vel ferventes; absinthium.
foods and drinks cold or hot; wormwood.

CAP. XXV.

CHAP. XXV.

Cibi alieni Stomacho.
Foods injurious to the Stomach.

Vero omnia tepida, omnia salsa, omnia jurulenta, omnia prædulcia,
But all tepid, all salt, all stewed, all very sweet,

elota alica, vel oryza, vel ptisana; omnis avis,
omnis venatio, atque utraque vel assa, vel
elixa: ex domesticis animalibus bubula: si
quid ex ceteris sumitur, macrum potius, quam
pingue: ex sue, ungulae, rostra, aures, vulvae
que steriles: ex oleribus, intubus, lactuca,
pastinaca, cucurbita elixa, siser: ex pomis,
cerasum, morum, sorbum, pirum fragile, quale
Crustuminum vel Nævianum est: item pira,
quæ reponuntur, Tarentina atque Signina;
malum orbiculatum, aut Scandianum, vel
Amerinum, vel Cotoneum, vel Punicum, uvæ

ex olla, molle ovum, palmulae, nuclei pinei,
oleæ albæ ex dura muriâ, eadem aceto intinctæ,
vel nigræ, quæ in arbore bene permaturuerunt,
vel quæ in passo, defrutove servatæ sunt: vinum
austerum, licet etiam asperum sit, item resinatum:
duri ex media materia pisces, ostrea, pectines,
murices, purpuræ, cochleæ: cibi, potionesque
frigidae, vel ferventes: absinthium.

CAP. XXV.—Cibi Stomacho alieni. — ALIENA
vero stomacho sunt, omnia tepida, omnia salsa,

omnia pinguis, sorbitio fermentatus panis, que idem (sc. panis)
 all fat things, gruel, fermented bread, and the same
 ex milio, vel ex hordeo, oleum, radices olerum,
 (made) of millet, or of barley, oil, the roots of pot-herbs (vegetables),
 et quodcumque olus estur (ab edor, ederis, estur) ex oleo, ve
 and whatever vegetable is eaten with oil, or
 garo, mel, mulsum, defrutum, passum, lac, omnis
 fish sauce, honey, honeyed wine, boiled must, raisin wine, milk, every
 caseus, recens uva, et viridis et arida ficus, omnia
 (kind of) cheese, fresh grape (s), both the green and dry fig, all
 legumina, que quæ consueverunt inflare, sunt
 legumes, and (those things) which have been accustomed to inflate, are
 aliena stomacho: item thymum, nepeta, satureia, hyssopum,
 injurious to the stomach: likewise thyme, cat-mint, satyrion, hyssop,
 nasturtium, lapathum, lapsana, juglandes. Autem ex his
 water-cresses, burdock, dock-ress (nipplewort), walnuts. But from these
 potest intelligi, quidquid est boni succi, non
 it may be understood (that), whatever is of good juice, may not
 protinus convenire stomacho; neque, quidquid convenit
 immediately agree with the stomach; nor that, whatever agrees with
 stomacho, esse protinus boni succi.
 the stomach, is thereupon of good juice.

CAP. XXVI.

CHAP. XXVI.

Inflantes Cibi.
Inflating Foods.

Autem fere omnia legumina, omnia pinguis, omnia dulcia,
 But almost all legumes, all fat, all sweet things,
 omnia jurulenta, mustum, atque etiam id vinum, cui nihil
 all things stewed in broth, must, and even that wine, to which nothing
 ætatis adhuc accessit, infant: ex oleribus,
 of age as yet has come (which has not attained to any age), inflate: of vegetables,
 allium, cepa, brassica, que omnes radices, sisere excepto et
 garlic, onion, cabbage, and all roots, the carrot being excepted and
 pastinacâ, bulbi, etiam aridæ ficus, sed magis virides, recentes
 the parsnip, bulbs, also dried figs, but more the green, fresh
 uvæ, omnes nuces, pineis nucleis exceptis, lac, que omnis
 grapes, all nuts, pine nuts being excepted, milk, and all (kind of)

omnia jurulenta, omnia prædulcia, omnia pin-
 guia, sorbitio, panis fermentatus, idemque vel
 ex milio, vel ex hordeo, oleum, radices olerum,
 et quodcumque olus ex oleo garove estur, mel,
 mulsum, defrutum, passum, lac, omnis caseus,
 uva recens, ficus et viridis et arida, legumina
 omnia, quæque inflare consueverunt: item thy-
 mum, nepeta, satureia, hyssopum, nasturtium,
 lapathum, lapsana, juglandes. Ex his autem
 intelligi potest, non, quidquid boni succi est,

protinus stomacho convenire; neque quidquid
 stomacho convenit, protinus boni succi esse.

CAP. XXVI.—*Cibi inflantes.*—INFLANT autem,
 omnia fere legumina, omnia pinguis, omnia
 dulcia, omnia jurulenta, mustum, atque etiam
 id vinum, cui nihil adhuc ætatis accessit: ex
 oleribus, allium, cepa, brassica, omnesque ra-
 dices, excepto sisere et pastinaca, bulbi, ficus
 etiam aridæ, sed magis virides, uvæ recentes,

caseus, deinde quidquid aliquis assumsit subcrudum. Minima inflatio
cheese, then whatever a person has taken crudish. The least flatulence
 fit ex venatione, aucupio, piscibus, pomis, oleis,
arises from game, wild fowl (birds killed by hunting), fishes, apples, olives,
 conchyliis, ovis, vel mollibus vel sorbilibus, vetere vino. Vero
small shell-fish, eggs, either soft or poached, old wine. But
 feniculum et anethum etiam levant inflationes.
fennel and dill even relieve flatulencies.

CAP. XXVII.

CHAP. XXVII.

Calefacientes et refrigerantes Cibi.
Heating and cooling Foods.

At piper, sal, omnis caro jurulenta, allium, cepa,
But pepper, salt, all (kinds of) meat stewed in broth, garlic, onion,
 arida ficus, salsamentum, calefaciunt, et vinum, quo meracius est, eo
dried fig, salt fish, heat, and wine, the purer it is, the
 magis (calefacit.) Olera, caules quorum assumuntur crudi,
more (it heats.) Vegetables, the stalks of which are taken crude
 ut intubus et lactuca, refrigerant; item
(raw, without boiling), as endive and lettuce, cool; likewise
 coriandrum, cucumis, elixa cucurbita, beta, mora, cerasa, austera
coriander, cucumber, boiled gourd, beet, mulberries, cherries, austere
 mala, fragilia pira, elixa caro, que præcipue acetum, sive cibus,
apples, mealy pears, boiled flesh, and especially vinegar, whether food,
 sive potio, assumitur ex eo (sc. aceto).
or drink, is taken out of (with) it.

CAP. XXVIII.

CHAP. XXVIII.

Cibi facile corrupti.
Foods easily corrupted.

Autem fermentatus panis, et quisquis alius quam (qui) est
But fermented bread, and whatsoever other than (that which) is

nuces omnes, exceptis nucleis pineis, lac, om-
 nisque caseus, quidquid deinde subcrudum
 aliquis assumsit. Minima inflatio fit ex vena-
 tione, aucupio, piscibus, pomis, oleis, conchyliis,
 ovis vel mollibus vel sorbilibus, vino vetere.
 Feniculum vero, et anethum, inflationes etiam
 levant.

allium, cepa, ficus arida, salsamentum, vinum,
 et quo meracius est, eo magis. Refrigerant
 olera, quorum crudi caules assumuntur, ut in-
 tubus, et lactuca; item coriandrum, cucumis,
 elixa cucurbita, beta, mora, cerasa, mala aus-
 tera, pira fragilia, caro elixa, præcipueque
 acetum, sive cibus ex eo, sive potio assumitur.

XXVII.—Cibi calefacientes et refrigerantes.—
 At calefaciunt, piper, sal, caro omnis jurulenta,

XXVIII.—Cibi facile corrupti.—FACILE autem
 intus corrumpuntur, panis fermentatus, et

ex tritico, lac, mel, facile corrumpuntur intus;
(made) from wheat, milk, honey, are easily corrupted within;
 que ideo etiam lactentia, atque omne pistorium opus;
and therefore also sucking animals, and all (kinds of) pastry;
 teneri pisces, ostrea, olera, caseus et recens et vetus, crassa
tender fishes, the oyster, vegetables, cheese both fresh and old, thick
 et tenera caro, dulce vinum, mulsum, defrutum, passum;
(coarse) and tender flesh, sweet wine, honeyed wine, boiled must, raisin wine;
 deinde quidquid est vel jurulentum, vel nimis dulce, vel nimis
then whatever is either stewed in broth, or too sweet, or too
 tenue. At panis (sc. paratus) sine fermento, aves et eæ
thin. But bread (made) without fermentation, birds and those
 potius duriores, duri pisces minime vitiantur intus; neque solum
rather harder, hard fishes are not at all corrupted within; nor only
 aurata puta, aut scarus, sed etiam lolligo, locusta,
the spar-fish for instance, or scarus, but even the cuttle-fish, lobster,
 polypus: etiam bubula, que omnis dura caro; que eadem est
polypus: likewise beef, and all hard flesh; and the same is
 aptior si est macra si salsa; que omnia salsamenta;
fitter (preferable) if it is lean if salt; and all (kind of) salt fish;
 cochleæ, murices, purpuræ, vinum austereum vel resinatum.
snails, purple fishes, branchy murices, wine rough or resined.

CAP. XXIX.

CHAP. XXIX.

Cibi moventes Alvum.
Foods moving the Belly.

At fermentatus panis, que magis si est cibarius vel hordeaceus;
But fermented bread, and more if it is household or barley;
 brassica, si est subcruda, lactuca, anethum, nasturtium,
cabbage, if it is crudish (imperfectly boiled), lettuce, dill, water-cresses,
 ocimum, urtica, portulaca, radícula, capparis, allium, cepa, malva,
basil royal, nettle, purslain, horse-radish, capers, garlic, onion, mallow,
 lapathum, beta, asparagus, cucurbita, cerasa, mora, omnia mitia
burdock, beet, asparagus, gourd, cherries, mulberries, all mild
 poma, ficus etiam arida, sed viridis magis, recentes uvæ,
apples, the fig even dry, but the green more, fresh grapes,

quisquis alius quam ex tritico est, lac, mel;
 ideoque etiam lactentia atque omne pistorium
 opus; teneri pisces, ostrea, olera, caseus et
 recens et vetus, crassa vel tenera caro, vinum
 dulce mulsum, defrutum, passum; quidquid
 deinde vel jurulentum est, vel nimis dulce, vel
 nimis tenue. At minime intus vitiantur, panis
 sine fermento, aves, et eæ potius duriores,
 duri pisces; neque solum aurata puta, aut
 scarus, sed etiam lolligo, locusta, polypus:
 item bubula, omnisque dura caro; eademque

aptior est, si macra, si salsa est; omniaque
 salsamenta; cochleæ, murices, purpuræ; vi-
 num austereum, vel resinatum.

CAP. XXIX.—*Cibi Alvum moventes.*—AT alvum
 movent, panis fermentatus, magisque si ciba-
 rius vel hordeaceus est; brassica, si subcruda
 est, lactuca, anethum, nasturtium, ocimum,
 urtica, portulaca, radícula, capparis, allium,
 cepa, malva, lapathum, beta, asparagus, cu-
 curbita, cerasa, mora, poma omnia mitia,

pingues minutæ aves, cochleæ, garum, salsamentum, ostrea,
fat small birds, snails, fish sauce, salt fish, the oyster,
 pelorides, echini, musculi, et fere omnes
gaping cockles, sea hedgehogs, muscles, and almost all (kinds of)
 conchulæ, que maxime jus earum (conchularum) movent
small shell-fish, and especially the broth of them move (relax)
 alvum; saxatiles, et omnes teneri pisces, atramentum
the belly (also); rock, and all tender fishes, the ink (blood)
 sepiarum; qua caro si assumitur pinguis, eadem (sc. caro)
of cuttle-fish; any flesh if it is taken fat, the same
 vel jurulenta, vel elixa; aves quæ natant, crudum mel,
either stewed, or boiled; birds which swim (water-fowl), crude honey,
 lac, omnia lactentia (sc. animalia,) mulsum, dulce vel salsum
milk, all sucking (animals,) honeyed wine, sweet or salt
 vinum, aqua, omnia tenera, dulcia, pinguis, elixa, jurulenta, salsa,
wine, water, all tender, sweet, fat, boiled, stewed, salt,
 diluta.
diluted things.

CAP. XXX

CHAP. XXX.

Cibi adstringentes Alvum.
 Foods astringing the Belly.

Contra, panis ex siligine, vel ex similâ; que magis
On the other hand, bread of the finest flour, or of fine flour; and more
 si est sine fermento; etiam magis si est ustus,
if it is without fermentation (unleavened); still more if it is scorched
 adstringunt (sc. alvum); que vis (sc. adstringens) ejus
(toasted), bind it; and the power of it
 (sc. panis usti) etiam intenditur, si coquitur bis; pulticula, vel ex
even is increased, if it is baked twice; pottage, either from
 alicâ, vel ex panico, vel ex milio; que item
rounded maize, or from panic, or from millet; and likewise
 sorbitio ex iisdem; et magis si hæc fricta sunt antea:
gruel from the same; and more if these things have been toasted previously:
 lenticula, cui vel beta, vel intubus, vel ambubeia, vel plantago
lentil, to which either beet, or endive, or succory, or plaintain

sed magis viridis, usque recentes, pingues minutæ aves, cochleæ, garum, salsamentum, ostrea, pelorides, echini, musculi, et omnes fere conchulæ, maximeque jus earum; saxatiles, et omnes teneri pisces, sepiarum atramentum; si qua caro assumitur pinguis, eadem vel jurulenta, vel elixa; aves, quæ natant; mel crudum, lac, lactentia omnia, mulsum, vinum dulce vel salsum, aqua, tenera omnia, tepida, dulcia, pinguis, elixa, jurulenta, salsa, diluta.

CAP. XXX.—Cibi Alvum adstringentes.—CONTRA adstringunt, panis ex siligine, vel ex simila; magis, si sine fermento est; magis etiam si ustus est; intenditurque vis ejus etiam, si bis coquitur: pulticula vel ex alicâ, vel ex panico, vel ex milio; itemque ex iisdem sorbitio, et magis, si hæc antea fricta sunt: lenticula, cui vel beta, vel intubus, vel ambubeia, vel plantago adjecta est; magisque etiam, si illa ante fricta est: per se etiam intubus, vel ex plantagine, vel ambubeia fricta: minuta

adjecta est; que etiam magis, si illa fricta est ante :
has been added; and still more, if it has been roasted before:
 etiam vel intubus per se, vel ambubela fricta ex plantagine:
also either endive by itself, or succory roasted with plantain:
 minuta olera, brassica bis decocta: dura ova, que
small pot-herbs (greens), cabbage twice boiled: hard eggs, and
 magis si assa sunt: minutæ aves, merula, palumbus, que
more so if they have been roasted: small birds, the thrush, ring-dove, and
 magis si decoctus est in poscâ; grus, omnes
more if it has been boiled in vinegar and water; the crane, all
 aves quæ currunt magis quam volant; lepus, caprea;
birds which run rather than fly; the hare, chamois goat;
 jecur ex iis quæ habent sebum, que maxime bubulum
the liver of those which have suet, and especially beef liver,
 (sc. jecur), ac sebum ipsum: caseus, qui fit vehementior
and suet itself: cheese, which becomes stronger
 vetustate, vel eâ mutatione, quam videmus in eo
by age, or by that change, which we see in that
 transmarino; aut si est recens, decoctus ex melle
from beyond the sea (foreign); or if it is fresh (new), boiled with honey
 ve mulso: item coctum mel, immatura pira, sorba,
or honeyed wine: also boiled honey, unripe pears, sorb apples (service berries),
 que magis ea quæ vocantur torminalia; Cotonia mala,
and more those which are called producing tormina; Quinces,
 et Punica, oleæ vel albæ vel permaturæ, myrta,
and Pomegranates, olives either white or very ripe, myrtle berries,
 palmulæ, purpuræ, murices, vinum resinatum vel asperum,
dates, branchy murices, purple fishes, wine resined or rough,
 item meracum acetum, mulsum quod inferbuit, item
also undiluted vinegar, honeyed wine which has boiled, likewise
 defrutum, passum, aqua vel tepida vel præfrigida, dura,
boiled must, raisin wine, water either tepid or very cold, hard,
 id est ea quæ putrescit tarde, que ideo pluvia
that is that which becomes putrid slowly, and consequently rain
 (sc. aqua) potissimum: omnia dura, macra, austera, aspera, tosta,
(water) especially: all things hard, lean, austere, rough, toasted,
 et in eadem carne assa (sc. caro) potius quam elixa.
and in the same flesh roasted rather than boiled.

olera, brassica bis decocta: dura ova, magis-
 que si assa sunt: minutæ aves, merula, palum-
 bus, magisque si in posca decoctus est; grus,
 omnes aves, quæ magis currunt, quam volant;
 lepus, caprea; jecur ex iis, quæ sebum habent,
 maximeque bubulum, ac sebum ipsum: caseus,
 qui vehementior vetustate fit, vel ea mutatione,
 quam in eo transmarino videmus; aut si re-
 cens est, ex melle, mulsove decoctus: item mel
 coctum, pira immatura, sorba, magisque ea,

quæ torminalia vocantur, mala Cotonæ, et
 Punica, oleæ vel albæ vel permaturæ, myrta,
 palmulæ, purpuræ, murices, vinum resinatum
 vel asperum, item meracum, acetum, mulsum
 quod inferbuit, item defrutum, passum, aqua
 vel tepida vel præfrigida, dura, id est ea, quæ
 tarde putrescit, ideoque pluvia potissimum:
 omnia dura, macra, austera, aspera, tosta, et
 in eadem carne, assa potius, quam elixa.

CAP. XXXI.

CHAP. XXXI.

Cibi moventes Urinam.
Foods moving the Urine.

Autem quæcunque nascentia in horto sunt boni odoris,
But whatever things growing in a garden are of good odour,
movent urinam, ut apium, ruta, anethum, ocimum, mentha, hyssopum,
excite the urine, as parsley, rue, dill, basil royal, mint, hyssop,
anisum, coriandrum, nasturtium eruca, feniculum: præter hæc,
anise, coriander, water-cress, rocket (basil), fennel: besides these,
asparagus, capparitis, nepeta, thymum, satureia, lapsana, pastinaca,
asparagus, capers, cat-mint, thyme, satyrion, dock-cress, parsnip,
que magis agrestis, radícula, siser, cepa; ex venatione
and more the wild (species), horse-radish, carrot, onion; of game
lepus maxime; tenue vinum, piper et rotundum et longum,
the hare most of all; light wine, pepper both round and long,
sinapi, absinthium, pinei nuclei.
mustard, wormwood, pine nuts.

CAP. XXXII.

CHAP. XXXII.

Cibi faventes Somno.
Foods favouring Sleep.

Vero papaver est aptum somno, lactuca, que maxime æstiva,
But poppy is fit for sleep, lettuce, and especially the summer one,
cauliculus cuius est jam repletus lacte, morum, porrum.
the stalk of which is now filled with milk, the mulberry, leek.
Nepeta, thymum, satureia, hyssopum, que præcipue pulegium, ruta
Cat-mint, thyme, satyrion, hyssop, and especially penny royal, rue
et cepa, excitant sensus.
and onion, excite the senses.

CAP. XXXI.—Cibi Urinam moventes.—URINAM autem movent, quæcunque in horto nascentia boni odoris sunt, ut apium, ruta, anethum, ocimum, mentha, hyssopum, anisum, coriandrum, nasturtium, eruca, feniculum: præter hæc, asparagus, capparitis, nepeta, thymum, satureia, lapsana, pastinaca, magisque agrestis, radícula, siser, cepa; ex venatione, maxime lepus; vinum tenue, piper et rotundum et longum, sinapi, absinthium, nuclei pinei.

XXXII.—Cibi Somno faventes.—SOMNO vero aptum est papaver, lactuca, maximeque æstiva, cujus cauliculus jam lacte repletus est, morum, porrum. Sensus excitant, nepeta, thymum, satureia, hyssopum, præcipue pulegium, ruta, et cepa.

CAP. XXXIII.

CHAP. XXXIII.

Cibi attenuantes Corpus.
Foods attenuating the Body.

Vero admodum multa possunt evocare materiam : sed
But very many things are able to call (draw) out matter : but
differam ea in præsentia, cum ea constent maxime
I shall defer them for the present, since they consist mostly
ex peregrinis medicamentis, que opitulentur aliis magis quam
of foreign medicines, and relieve others more than
(opitulentur iis) quibus succurritur (impersonaliter) ratione
(those) whom it is assisted (we assist) by means
victûs : vero ponam ea, quæ prompta
of diet : but I shall lay down (mention) those, which ready (at hand)
et apta iis morbis de quibus sum protinus
and fitted for those diseases of which I am immediately (about)
dicturus, erodunt corpus, et sic extrahunt eo (sc. corpore)
to speak, erode the body, and thus draw out of it
quod mali est (sc. in eo.) Vero semina erucæ,
what (of) mischief (there) is (in it.) But the seeds of basil,
nasturtii, radiculae, habent hanc facultatem; que
of water-cress, of horse-radish, have this faculty (property); and
præcipue omnium, tamen, sinapi. Eadem vis quoque est
above all, however, of mustard. The same power also is
(belongs to) salis et fici.
(of) salt and fig.
Vero succida lana ex aceto, vel vino cui oleum
But juicy wool with vinegar, or wine to which oil
adjectum est; contritæ palmulae, furfures decocti in salsâ
has been added; bruised dates, bran boiled in salt
aquâ vel aceto, simul et reprimunt leniter et
water or vinegar, at the same time both restringe gently and
molliant. At herba muralis, appellant παρθένιον vel
soften. But the herb wall-wort, they call (it) parthenion or
περδίκιον, serpyllum, pulegium, ocimum, herba sanguinalis,
perdikion, thyme, penny royal, basil royal, the herb knot-grass
quam Græci vocant πολύγονον (polygonum aviculare),
(blood-wort), which the Greeks call polygonon,

CAP. XXXIII.—Cibi Corpus attenuantes.—EVO-
CARE vero materiam multa admodum possunt :
sed ea, cum ex peregrinis medicamentis maxi-
me constant, aliisque magis, quam quibus, ra-
tione victus succurritur, opitulentur, in præ-
sentia differam : ponam vero ea, quæ prompta,
et iis morbis, de quibus protinus dicturus sum,
apta, corpus erodunt, et sic eo, quod mali est,
extrahunt. Habent autem hanc facultatem,
semina erucæ, nasturtii, radiculae; præcipue

tamen omnium, sinapi. Salis quoque et fici
eadem vis est.

Leniter vero simul et reprimunt et molliant,
lana succida ex aceto vel vino, cui oleum ad-
jectum est; contritæ palmulae, furfures in salsâ
aqua vel aceto decocti. At simul reprimunt et
refrigerant, herba muralis, παρθένιον vel περδίκιον
appellant, serpyllum, pulegium, ocimum, herba
sanguinalis, quam Græci πολύγονον vocant, por-
tulaca, papaveris folia, capreolique vitium

portulaca, folia papaveris, que capreoli vitium, folia
purslain, the leaves of the poppy, and the tendrils of vines, the leaves
coriandri, hyoscyamus, muscus, siser, apium, solanum,
of coriander, henbane, moss, parsnip (carrot), parsley, nightshade,
quam Græci vocant στῦχνον (strychnon), folia brassicæ,
which the Greeks call struchnon, the leaves of the cabbage,
intubus, plantago, semen feniculi, contrita pira vel mala,
endive, plantain, the seed of the fennel, bruized pears or apples,
que præcipue cotonea, lenticula, frigida aqua, que maxime
and especially quinces, lentil, cold water, and especially
pluvialis, vinum, acetum, et vel panis madens alique
rain (water), wine, vinegar, and either bread wet with some
horum vel farina, vel spongia, vel cinis (zinci oxydum,)
of these or meal, or a sponge, or ashes (oxide of zinc,)
vel succida lana, vel etiam linteolum (sc. madens aliquo horum),
or juicy wool, or even linen cloth,
Cimolia creta, gypsum, melinum, myrteum,
Cimolian earth (argil), plaster of Paris, quince ointment, myrtle ointment,
rosa, acerbum oleum, folia verbenarum contusa cum
rose oil, bitter oil, the leaves of vervains beaten with
teneris caulibus, simul reprimunt et refrigerant; cuius
the tender stalks, at the same time restringe and cool; of which
generis sunt olea, cupressus, myrtus, lentiscus
(of the same) description are the olive, cypress, myrtle, lentiscus
(pistacia,) tamarix, ligustrum, rosa, rubus, laurus,
(pistacia mastick,) tamarisk, privet, rose, bramble, laurel,
hedera, Punicum malum. Autem cocta cotonea mala, malicorium,
ivy, pomegranate. But boiled quinces, pomegranate bark,
calida aqua, in quâ verbenæ coctæ sunt, quas
warm water, in which vervains have been boiled, which
posui supra, pulvis vel ex face vini,
I have mentioned above, the powder either from the lees of wine,
vel ex foliis myrti, amaræ nuces, reprimunt sine
or from the leaves of myrtle, bitter walnuts, restringe without
frigore. Vero cataplasma ex quâlibet farinâ calefacit, sive
cold. But a catapasm of any meal heats, whether
ex (farinâ) tritici, sive ex (eâ) farris, sive hordei,
of that of wheat or from (that) of spelt oats, or of barley,
sive ervi, vel lolii, vel milii, vel panic, vel lenticulæ,
or vetch, or darnel, or millet, or panic, or lentil,
vel fabæ, vel lupini, vel lini, vel fœni-Græci, ubi
or of the bean, or lupine, or flax plant, or feni-Greek, when

coriandri folia, hyoscyamum (mus?), muscus, siser, apium, solanum, quam στῦχνον Græci vocant, brassicæ folia, intubus, plantago, feniculi semen, contrita pira vel mala, præcipue cotonea, lenticula, aqua frigida, maximeque pluvialis, vinum, acetum, et horum aliquo madens vel panis, vel farina, vel spongia, vel cinis, vel lana succida, vel etiam linteolum, creta Cimolia, gypsum, melinum, myrteum, rosa, acerbum oleum, verbenarum contusa cum teneris caulibus folia; cuius generis sunt

olea, cupressus, myrtus, lentiscus, tamarix, ligustrum, rosa, rubus, laurus, hedera, Punicum malum. Sine frigore autem reprimunt, cocta mala cotonea, malicorium, aqua calida, in qua verbenæ coctæ sunt, quas supra posui, pulvis vel ex face vini, vel ex myrti foliis, amaræ nuces. Calefacit vero, ex quâlibet farina cataplasma, sive ex tritici, sive ex farris, sive hordei, sive ervi, vel lolii, vel milii, vel panic, vel lenticulæ, vel fabæ, vel lupini, vel lini, vel fœni Græci, ubi ea deferbuit, calida-

ea (sc. farina) deferbuit, que est imposita
 it has boiled (also signifies has cooled), and is put on (applied)
 calida. Tamen omnis farina cocta ex mulso est
 warm. However every (kind of) meal boiled in honied wine is
 valentior ad id, quam (quæ cocta) ex aquâ. Præterea
 more powerful for that, than (that boiled) in water. Besides these
 cyprinum, irinum, medulla, adeps ex fele, oleum,
 cypruss oil, iris ointment, marrow, the fat from a cat, oil,
 que magis si est vetus, que sal juncta?
 and more (so) if it is old, and salt joined
 (junctum vel junctus? aliter male concordant,) oleo, nitrum
 (it is pointed wrong, or there is an error in the text,) with oil, natron
 (sodæ carbonas) gith, piper, quinquefolium. Que
 (carbonate of soda) fennel flower, pepper, cinquefoil. And (those things)
 quæ et reprimunt et refrigerant vehementer, fere
 which both restringe and cool violently, for the most part
 durant; quæ calefaciunt, digerunt et emolliunt: que
 harden; those which heat, dissipate and soften: and
 cataplasma ex semine lini, vel fœni-Græci,
 a cataplasm from (of) the seed of the flax plant, or feni-Greek,
 præcipue potest ad emolliendum. Autem medici
 especially is able (is especially powerful) to soften. But physicians
 utuntur omnibus his varie, et simplicibus et permixtis;
 use all these variously, both simple and intermixed
 (mixed together); so that quid, quisque persuaserit sibi,
 ut quid, quisque persuaserit sibi,
 appereat, magis quam quid (quisque) evidenter
 appears, rather than what (each) evidently
 compererit.
 found out (discovered useful).

que imposita est. Valentior tamen ad id omnis farina est ex mulso, quam ex aqua cocta. Præterea cyprinum, irinum, medulla, adeps ex fele, oleum, magisque si vetus est, junctaque oleo sal, nitrum, gith, piper, quinquefolium. Fereque, quæ vehementer et reprimunt et refrigerant, durant; quæ calefaciunt, digerunt

et emolliunt: præcipueque ad emolliendum potest cataplasma ex lini vel fœni Græci semine. His autem omnibus, et simplicibus, et permixtis, varie medici utuntur; ut magis, quid quisque persuaserit sibi, appereat, quam quid evidenter compererit.

LIBER TERTIUS.
BOOK THE THIRD.

DIÆTETICA CURATIO GENERALIUM MORBORUM.
THE DIETETIC CURE OF GENERAL DISEASES.

CAP. I.
CHAP. I.

Genera Morborum.
The Kinds of Diseases.

Omnibus provisus quæ pertinent ad universa genera morborum,
All things being considered which pertain to the general kinds of diseases,
veniam ad curationes singulorum. Autem Græci diviserunt
I shall come to the cures of the individual ones. But the Greeks have divided
hos (sc. morbos) in duas species; quæ dixerunt alios ex his esse
them into two kinds; and have said that some of them were
acutos, alios longos; quæ ideo, quoniam non semper
acute, others chronic; and therefore, for as much as they did not always
respondebant eodem modo, alii retulerunt eosdem inter
fall out in the same manner, some have classed the same amongst
acutos, alii inter longos. Ex quo est manifestum
the acute, others amongst the chronic. From which it is evident
esse plura genera eorum. Enim quidam sunt breves
that there are several kinds (varieties) of them. For some are short
quæ acuti, qui vel cito tollunt hominem, vel ipsi
and acute, which either quickly carry off a person, or themselves
cito finiuntur; quidam longi, sub quibus neque sanitas
are soon terminated; some chronic, under which neither health (recovery)
neque exitium est in propinquo; quæ est tertium genus eorum,
nor death is at hand; and there is a third kind of them,
qui sunt modo acuti, modo longi; quæ id fit non
which are at one time acute, at another chronic; and that happens not

LIBER TERTIUS.—*Morborum generalium Cura-
tio diætetica.*

CAP. I.—*Morborum genera.*—PROVISIS omni-
bus, quæ pertinent ad universa genera morbo-
rum, ad singulorum curationes veniam. Hos
autem in duas species Græci diviserunt; alios-
que ex his acutos, alios longos esse dixerunt:
ideoque, quoniam non semper eodem modo

respondebant, eosdem alii inter acutos, alii
inter longos retulerunt. Ex quo, plura eorum
genera esse, manifestum est. Quidam enim
breves acutique sunt, qui cito vel tollunt ho-
minem, vel ipsi cito finiuntur: quidam longi,
sub quibus neque sanitas in propinquo, neque
exitium est; tertiumque genus eorum est, qui
modo acuti, modo longi sunt; idque non in
febris tantummodo, in quibus frequentissi-

tantummodo in febris, in quibus est frequentissimum, sed quoque
only in fevers, in which it is most frequent, but also
 in aliis. Atque est præter hos etiam quartum (genus,) quod
in others. And there is besides these even a fourth (kind,) which
 potest neque dici acutum, quia non perimit; neque
can neither be called acute, because it does not kill; nor
 utique longum, quia si occurritur, facile sanatur. Ego,
certainly chronic, because if it is treated, it is easily cured. I,
 cum dicam de singulis, indicabo cuius generis quisque
when I shall speak of each, will point out of what kind each one
 (sc. morbus) sit. Autem dividam omnes in eos qui videntur
is. But I shall divide all into those which seem
 consistere in totis corporibus, et eos qui oriuntur
to prevail throughout the entire body, and those which arise
 in partibus. Incipiam a prioribus, præfatus pauca
in parts. I shall begin from the former, having prefaced a few things
 de omnibus. In nullo morbo quidem potest fortuna
concerning all. In no disease indeed can fortune
 vindicare minus sibi quam ars; utpote cum naturâ repugnante,
claim less for herself than art; in as much as nature opposing,
 medicina proficiat nihil. Tamen ignoscendum est magis
medicine can benefit nothing. Nevertheless we ought to pardon rather
 medio proficienti parum in acutis quam in longis morbis.
the physician helping little in acute than in chronic diseases.
 Enim hic est breve spatium, intra quod, si auxilium
For here is a short time, within which, if the remedy
 non profuit, æger extinguitur: ibi tempus
has not been of service, the patient is killed: there (in the chronic case) time
 patet et deliberationi et mutationi remediorum; adeo ut
lies open both for deliberation and for change of remedies; so that
 si medicus accessit inter initia, obsequens æger
if the physician has come to him at the commencement, the obedient patient
 raro pereat sine vitio illius (sc. medici). Tamen longus
can seldom perish without the fault of the former. Nevertheless a chronic
 morbus cum penitus inedit, quod pertinet ad difficultatem,
disease when it has thoroughly taken root, (so far) as relates to the danger,
 est par acuto. Et acutus quidem, quo vetustior,
is equal to an acute. And the acute disease indeed, the older,
 autem longus quo recentior est, eo facilius curatur.
but the chronic the more recent it is, the more easily is it cured.
 Non oportet illud alterum ignorari; quod eadem auxilia
It is not expedient that this other thing be unknown; that the same remedies

mum est, sed in aliis quoque fit. Atque etiam, præter hos, quartum est, quod neque acutum dici potest, quia non perimit; neque utique longum, quia, si occurritur, facile sanatur. Ego, cum de singulis dicam, cuius quisque generis sit, indicabo. Dividam autem omnes in eos, qui in totis corporibus consistere videntur, et eos, qui oriuntur in partibus. Incipiam a prioribus, pauca de omnibus præfatus. In nullo quidem morbo minus fortuna sibi vindicare, quam ars, potest; utpote cum, repugnante natura, nihil medicina proficiat.

Magis tamen ignoscendum medico est parum proficienti in acutis morbis, quam in longis. Hic enim breve spatium est, intra quod, si auxilium non profuit, æger extinguitur: ibi et deliberationi, et mutationi remediorum tempus patet; adeo ut raro, si inter initia medicus accessit, obsequens æger sine illius vitio pereat. Longus tamen morbus cum penitus inedit, quod ad difficultatem pertinet, acuto par est. Et acutus quidem, quo vetustior est; longus autem, quo recentior, eo facilius curatur. Alterum illud ignorari non oportet, quod non omnibus

non conveniunt omnibus ægris. Ex quo incidit,
do not suit all (kinds of) sick persons. From which it happens,
 ut summi auctores vindicaverint alia atque alia (sc. auxilia)
that the greatest authors have defended some and others (different remedies)
 quasi sola, prout cesserant cuique. Oportet
as if the only ones, according as they had fallen out to each. It is expedient
 itaque, ubi aliquid non respondet, non putare auctorem
therefore, when any thing does not answer, not to think the author
 tanti quanti ægrum, et experiri aliud atque aliud:
of so great value as the patient, and to try another and another:
 sic tamen ut in acutis morbis quod prodest nihil, mutetur
so however that in acute diseases what avails nothing, be changed
 cito: in longis, quos ut tempus facit sic solvit,
quickly: in chronic, which as time causes so it resolves them,
 si quid non statim profuit non statim
if any thing has not immediately benefited it be not forthwith
 condemnetur; vero si quid juvat saltem paulum minus
condemned; but if any thing relieves at least in a slight degree much less
 removeatur, quia profectus expletur tempore.
should it be laid aside, because the advantage is perfected by time.

CAP. II.

CHAP. II.

Cognitio
 The Knowledge (Diagnostics)

Morborum.
 of Diseases.

Autem protinus inter initia est facile scire, quis
But immediately at the commencement it is easy to know, what
 morbus sit acutus, quis longus; non solum in iis in quibus
disease is acute, what chronic; not only in those in which
 semper habet se ita; sed in iis quoque in quibus variat.
it always has itself so; but in those also in which it varies.
 Nam ubi accessiones et graves dolores urgent sine intermissionibus,
For when the accessions and severe pains oppress without intermissions,
 morbus est acutus: ubi dolores sunt lenti, ve febres lentæ,
the disease is acute: when the pains are dull, or the fevers slow,
 et spatia inter accessiones porriguntur, que
(lingering), and the times (intervals) between the accessions are prolonged, and
 ea signa, quæ exposita sunt in superiore volumine accedunt,
those symptoms, which have been set forth in the former book come on,

ægris eadem auxilia conveniant. Ex quo incidit, ut alia atque alia summi auctores, quasi sola, vindicaverint, prout cuique cesserant. Oportet itaque, ubi aliquid non respondet, non tanti putare auctorem, quanti ægrum, et experiri aliud atque aliud: sic tamen, ut in acutis morbis cito mutetur, quod nihil prodest; in longis, quos tempus, ut facit, sic etiam solvit, non statim condemnetur, si quid non statim profuit; minus vero removeatur, si quid paulum saltem juvat; quia profectus tempore expletur.

CAP. II.—Morborum Cognitio.—PROTINUS autem inter initia scire facile est, quis acutus morbus, quis longus sit: non in iis solum, in quibus semper ita se habet; sed in iis quoque, in quibus variat. Nam ubi sine intermissionibus accessiones et dolores graves urgent, acutus morbus est: ubi lenti dolores, lentæve febres sunt, et spatia inter accessiones porriguntur, acceduntque ea signa, quæ in priore volumine exposita sunt, longum hunc futurum esse, manifestum est. Videndum etiam est, morbus an increseat, an consistat, an minua-

est manifestum hunc futurum esse longum. Est etiam
it is manifest that this disease will become chronic. We must also
videndum, an morbus increseat an consistat, an minuat :
observe, whether the disease is increasing or is stationary, or is abated :
quia quædam remedia conveniunt incrementibus morbis, plura
because certain remedies are suitable for increasing diseases, many
inclinatis; que ea quæ sunt apta incrementibus,
for declining ones; and those things which are fitted for increasing diseases,
ubi acutus increscens urget, sunt experienda potius in
when an acute increasing one oppresses, are to be tried rather in
remissionibus. Autem morbus increcit dum dolores
the remissions. But the disease is increasing whilst the pains
que accessiones veniunt graviore, que hæc et revertuntur
and accessions are coming on more severe (ly), and the latter both return
ante quam proximæ, et desinunt postea. Atque quoque
earlier than the preceding, and end after them (last longer). And also
in longis morbis, non habentibus etiam tales notas, licet (nobis)
in chronic diseases, not having even such symptoms, we may
scire increcere, si somnus est incertus, si concoctio
know that they are increasing, if the sleep is uncertain, if the digestion
deterior, si dejectiones fædiores, si sensus tardior, si
worse, if the stools more filthy, if the sensation more obtuse, if
mens pigrior, si frigus aut calor percurrit corpus,
the mind more sluggish, if (a sense of) cold or heat runs through the body,
si id magis pallet. Vero quæ sunt contraria
if that is more pale. But those things which are contrary
his, sunt notæ ejus decedentis. Præter hæc in acutis
to these, are the marks of it going off. Moreover in acute
morbis æger est alendus serius, nec nisi jam
diseases the patient is to be nourished later, nor except they being already
inclinatis; ut materia demta primo frangat
declined; that the matter taken away in the beginning may break
impetum; in longis maturius, ut possit sustinere spatium
the violence; in chronic earlier, that he may be able to sustain the duration
mali affecturi. Ac si quando is (sc. morbus)
of the malady about to affect him. And if at any time it
est non in toto corpore, sed in parte; tamen pertinet
is not in the whole body, but in a part; nevertheless it serves
magis ad rem, vim totius corporis moliri,
more to the purpose, that the strength of the whole body be promoted,
quam (ut) ægræ partes propriæ sanentur. Etiam multum
than that the diseased parts be specifically treated. Also it much

tur: quia quædam remedia incrementibus mor-
bis, plura inclinatis conveniunt; eaque, quæ
crementibus apta sunt, ubi acutus increscens
urget, in remissionibus potius experienda
sunt. Increcit autem morbus, dum graviore
dolores, accessionesque veniunt; hæcque et
ante, quam proximæ, revertuntur, et postea
desinunt. Atque in longis quoque morbis,
etiam tales notas non habentibus, scire licet,
increcere, si somnus incertus est, si deterior
sensus, si pigrior mens, si percurrit corpus fri-

gus aut calor, si id magis pallet. Ea vero,
quæ contraria his sunt, decedentis ejus notæ
sunt. Præter hæc in acutis morbis serius
æger alendus est, nec nisi jam inclinatis; ut
primo demta materia impetum frangat: in
longis maturius, ut sustinere spatium affecturi
mali possit. Ac si quando is non in toto cor-
pore, sed in parte est; magis tamen ad rem
pertinet, vim totius corporis moliri, quam
propriæ partes ægræ sanentur. Multum etiam
interest, ab initio quis recte curatus sit, an
perperam; quia curatio minus iis prodest, ir

interest quis curatus sit recte ab initio, an
imports whether a person has been treated properly from the beginning, or
 perperam; quia curatio minus prodest illis in quibus
wrongly; because treatment is less serviceable to those in whom
 fult assidue frustra. Si quis temere habitus,
it has been (applied) constantly in vain. If any one improperly treated,
 vivit viribus adhuc integris, curatione admotâ,
lives with his strength still unimpaired, proper treatment being applied,
 restituitur momento.
he is restored on the moment (immediately).

Sed cum cœperim ab iis (sc. signis) quæ exhibent quasdam
But since I began from (with) those (symptoms) which present certain
 notas adversæ valetudinis futuræ, faciam principium
marks of ill health about to happen, I shall make the beginning
 curationum quoque ab animadversione ejusdem temporis.
of (the methods of) cure also from a consideration of the same time.

Igitur si quid ex iis quæ proposita sunt incidit,
Therefore if any of those symptoms which have been set forth happens,

quies et abstinencia sunt optima omnium; si quid (est)
rest and abstinence are the best of all; if any thing (is)

bibendum, aqua; quæ interdum est satis id fieri
to be drank, water; and sometimes it is sufficient that that be done

uno die; interdum, si terrentia (sc. signa) manent,
for a single day; sometimes, if the alarming (symptoms) continue,

biduo; quæ proxime abstinentiam exiguus cibus est sumendus,
for two days; and next after abstinence a little food is to be taken,

aqua bibenda; postero die etiam vinum; deinde invicem
water to be drank; on the following day even wine; then by turns

alternis diebus, modo aqua, modo vinum, donec omnis
on alternate days, sometimes water, sometimes wine, until all

metus causæ finiatur. Enim per hæc sæpe gravis instans
fear of the cause be ended. For by these things often a severe impending

morbis discutitur. Quæ plurimi falluntur, dum sperant
disease is shaken off. And many are deceived, whilst they hope that

se protinus sublatus languorem primo die, aut exercitatione,
they instantly will remove languor on the first day, either by exercise,

aut balneo, aut coactâ dejectione, aut vomitu, aut
or the bath, or by forced purging, or by vomiting, or

sudationibus, aut vino. Non quod id non incidat interdum,
by sweatings, or by wine. Not that it may not happen sometimes,

aut non decipiat; sed quod sæpius fallat; quæ
or may not deceive; but that it more frequently deceives; and

quibus assidue frustra fuit. Si quis temere habitus, adhuc integris viribus vivit, admota curatione momento restituitur.

Sed cum ab iis cœperim, quæ notas quasdam futuræ adversæ valetudinis exhibent, curationum quoque principium ab animadversione ejusdem temporis faciam. Igitur, si quid ex iis, quæ proposita sunt, incidit, omnium optima sunt, quies et abstinencia; si quid bibendum, aqua; idque interdum uno die fieri satis est; interdum, si terrentia manent, biduo;

proximeque abstinentiam sumendus est cibus exiguus, bibenda aqua; postero die etiam vinum; deinde invicem alternis diebus, modo aqua, modo vinum, donec omnis causæ metus finiatur. Per hæc enim sæpe instans gravis morbus discutitur. Plurimique falluntur, dum se primo die protinus sublatus languorem, aut exercitatione, aut balneo, aut coactâ dejectione, aut vomitu, aut sudationibus, aut vino sperant. Non quod non interdum id incidat, aut non decipiat; sed quod sæpius fallat, sola-

abstinentia sola medeatur sine ullo periculo : præsertim cum
abstinence alone cures without any danger : especially since
 liceat (nobis) etiam moderari pro modo terroris ; et,
we may even regulate it in the ratio (proportion to) of the dread ; and,
 si indicia fuerint leviora, sit satis tantum
if the symptoms have been slighter, it may be sufficient merely
 abstinere a vino, quod subtractum adjuvat plus quam si
to abstain from wine, which being withdrawn assists more than if
 quid dematur cibo ; si paulo graviora, sit
any thing be taken away from the food ; if a little more severe, it is
 facile non tantum bibere aquam, sed etiam subtrahere carnem
easy not only to drink water, but also to withdraw meat
 cibo ; interdum quoque assumere minus panis quam
from the food ; sometimes also to take less (of) bread than
 pro consuetudine, que esse contentum humido cibo, et potissimum
according to custom, and to be contented with moist food, and especially
 olere ; que cum vehementes notæ terruerunt, tum
with vegetables ; and when violent signs have alarmed, then
 sit satis abstinere ex toto a cibo, a vino, ab
it may be sufficient to abstain entirely from meat, from wine, from
 omni motu : corporis. Neque est dubium quin vix
all motion (exercise) of the body. Nor is it doubtful but that scarcely
 quisquam, qui non dissimulavit, sed mature occurrit morbo per
any one, who has not dissembled, but early opposes the disease by
 hæc, ægrotet.
these things, can grow sick.

CAP. III.

CHAP. III.

Genera Febrium.
 The Kinds of Fevers.

Atque hæc quidem sunt facienda sanis, tantum metuentibus
And these things indeed are to be done by the healthy, only fearing
 causam. Vero curatio febrium sequitur, quod est genus
the cause. But the treatment of fevers follows, which is a kind
 morbi et in toto corpore, et maxime vulgare. Ex his
of disease both in the whole body, and very common. Of these
 (febris) una est quotidiana, altera tertiana, altera quartana ;
one is a quotidian, another a tertian, another a quartan ;

que abstinentia sine ullo periculo medeatur : cum præsertim etiam pro modo terroris moderari liceat ; et si leviora indicia fuerint, satis sit a vino tantum abstinere, quod subtractum plus, quam si cibo quid dematur, adjuvat ; si paulo graviora, facile sit non aquam tantum bibere, sed etiam cibo carnem subtrahere ; interdum panis quoque minus, quam pro consuetudine assumere, humidoque cibo esse contentum, et olere potissimum : satiusque sit, tum ex toto a cibo, a vino, ab omni motu corporis

abstinere, cum vehementes notæ terruerunt. Neque dubium est, quin vix quisquam, qui non dissimulavit, sed per hæc mature morbo occurrit, ægrotet.

CAP. III.—*Febrium Genera.*—ATQUE hæc quidem sanis facienda sunt, tantum causam metuentibus. Sequitur vero curatio febrium, quod et in toto corpore, et vulgare maxime morbi genus est. Ex his una quotidiana, altera tertiana, altera quartana est : interdum

interdum quædam redeunt etiam longiore circuitu ; sed id raro
sometimes some return even at a longer interval ; but that rarely
 fit In prioribus sunt et morbi et medicina. Et
happens. In the former are both the diseases and the medicine. And
 quidem quartanæ sunt simpliciores. Fere incipiunt ab
indeed the quartans are the more simple. Generally they begin with
 horrore ; deinde calor erumpit ; que febre finita,
shivering ; afterwards heat breaks out ; and the paroxysm being terminated,
 est biduum integrum : ita revertitur
there is a space of two days free from fever : so it returns
 quarto die. Vero sunt duo genera tertianarum. Alterum
on the fourth day. But there are two kinds of tertians. The one
 et incipiens et desinens eodem modo quo quartana ;
both beginning and ending in the same manner as the quartan ;
 illo discrimine tantum interposito, quod præstat unum integrum
this difference only being interposed, that it affords one free
 diem, reddit tertio. Alterum longe perniciosius, quod
day, returns on the third. The other by far the more dangerous, which
 revertitur quidem tertio die ; autem ex octo et quadraginta
returns indeed on the third day ; but of the eight and forty
 horis occupat fere sex et triginta per accessionem,
hours it occupies almost six and thirty during the accession,
 interdum etiam vel minus vel plus ; neque desistit ex toto
sometimes even either less or more ; nor does it cease entirely
 in remissione, sed tantum est levius. Plerique medici
in the remission, but only is lighter. Most physicians
 appellant id genus *ἡμιτρίτηον* (hæmitritaion.) Vero quotidianæ
name that kind Hæmitriteon semitertian.) But the quotidians
 sunt variæ, et multiplices. Enim aliæ incipiunt protinus a
are various, and manifold. For some begin at once with
 calore, aliæ a frigore, aliæ ab horrore. Voco frigus
heat, some with cold, others with shivering. I call it cold
 ubi extremæ partes membrorum inalescunt ; horrorem, ubi
when the extreme parts of the limbs become cold ; shivering, when
 totum corpus intremuit. Rursus aliæ desinunt sic, ut
the whole body trembles. Again some cease so, that
 integritas ex toto sequatur : aliæ sic, ut aliquantum
cessation of the fit entirely (apyrexia) follows : others so, that somewhat
 quidem ex febre minuatur, tamen quædam reliquæ nihilominus
indeed of the fever is abated, yet some remains nevertheless
 remaneant, donec altera accessio accedat : ac sæpe aliæ
continue, until another accession come on : and frequently others

etiam longiore circuitu quædam redeunt ; sed id raro fit. In prioribus, et morbi sunt, et medicina. Et quartanæ quidem simpliciores sunt. Incipiunt fere ab horrore ; deinde calor erumpit ; finitaque febre biduum integrum est : ita quarto die revertitur. Tertianarum vero duo genera sunt. Alterum eodem modo, quo quartana, et incipiens, et desinens ; illo tantum interposito discrimine, quod unum diem præstat integrum, tertio reddit. Alterum longe perniciosius, quod tertio quidem die revertitur, ex octo autem et quadraginta horis fere sex et triginta per accessionem occupat, interdum

etiam vel minus, vel plus ; neque ex toto in remissione desistit, sed tantum levius est. Id genus plerique medici *ἡμιτρίτηον* appellant. Quotidianæ vero variæ sunt, et multiplices. Aliæ enim protinus a calore incipiunt, aliæ a frigore, aliæ ab horrore. Frigus voco, ubi extremæ partes membrorum inalescunt : horrorem, ubi totum corpus intremuit. Rursus aliæ sic desinunt, ut ex toto sequatur integritas : aliæ sic, ut aliquantum quidem minuatur ex febre, nihilominus tamen quædam reliquæ remaneant, donec altera accessio accedat : ac sæpe aliæ vix quidquam aut nihil remittant,

remittant vix quidquam aut nihil, sed ita ut continent.
remit scarcely any thing or nothing, but in like manner continue.

Deinde aliæ habent ingentem fervorem, aliæ tolerabilem:
Then some have very great heat, others tolerable (heat):

aliæ sunt quotidie pares, aliæ impares; atque invicem altero
some are daily similar, others dissimilar; and by turns on the one

die leniores, altero vehementiores: aliæ revertuntur postridie
day slighter, on the other more violent: some return the day following

eodem tempore, aliæ vel serius vel celerius: aliæ implent
at the same time, others either later or earlier: some occupy

diem que noctem accessione et decessione, aliæ minus,
the day and the night with the accession and the going off, some less,

aliæ plus: aliæ cum decedunt, movent sudorem, alia non
others more: some when they depart, excite sweat, others do not

movent; atque alias venit (imperson.) ad integritatem per
excite it; and at one time it is come to perfect intermission through

sudorem, alias corpus tantum redditur imbecillius. Singulæ
sweating, at another the body is only rendered weaker. Single

accessiones etiam modo fiunt singulis diebus, modo binæ
accessions also sometimes take place every day, sometimes two

ve plures concurrunt: ex quo sæpe evenit, ut sint quotidie
or more come on: from which it often happens, that there are daily

plures accessiones, que remissiones; sic tamen ut unaquæque
several paroxysms, and remissions; so however that each (individual) one

respondeat alicui priori (accessioni.) Vero interdum accessiones
corresponds to some former one. But sometimes the accessions

quoque sic confunduntur, ut neque tempora neque spatia
also are so confounded, that neither the times nor the durations

earum possint notari. Neque est verum, quod dicitur
of them can be distinguished. Nor is it (that) true, what is said

a quibusdam, nullam febrem esse inordinatam nisi aut ex vomica,
by some, that no fever is irregular except either from a vomica,

aut ex inflammatione, aut ex ulcere; enim curatio semper
or from inflammation, or from an ulcer; moreover the treatment always

foret facilius, si hoc, esset verum. Sed quod evidentes
would be more easy, if this were true. But what the evident

causæ faciunt, abditæ etiam possunt facere. Neque movent
causes effect, the hidden ones also can effect. Nor do they provoke

controversiam de re, sed de verbo, qui, cum
a controversy about (matter of) fact, but about words, who, when

febres accedunt aliter que aliter in eodem morbo,
the paroxysms come on otherwise and otherwise (variously) in the same disease,

sed ita ut continent. Deinde, aliæ fervorem ingentem habent, aliæ tolerabilem: aliæ quotidie pares sunt, aliæ impares; atque invicem altero die leniores, altero vehementiores: aliæ tempore eodem postridie revertuntur, aliæ vel serius vel celerius: aliæ diem noctemque accessione et decessione implent, aliæ minus, aliæ plus: aliæ cum decedunt, sudorem movent, aliæ non movent; atque alias per sudorem ad integritatem venit, alias corpus tantum imbecillius redditur. Accessiones etiam, modo singulæ singulis diebus fiunt, modo binæ pluresque concurrunt: ex quo sæpe evenit,

ut quotidie plures accessiones remissionesque sint; sic tamen, ut unaquæque alicui priori respondeat. Interdum vero accessiones quoque confunduntur, sic ut notari neque tempora earum, neque spatia possint. Neque verum est, quod dicitur a quibusdam, nullam febrem inordinatam esse, nisi aut ex vomica, aut ex inflammatione, aut ex ulcere: facilius enim semper curatio foret, si hoc verum esset. Sed quod evidentes causæ faciunt, facere etiam abditæ possunt. Neque de re, sed de verbo controversiam movent, qui, cum aliter aliterque in eodem morbo febres accedunt, non easdem in-

dicunt easdem (febres) non redire inordinate, sed alias que alias
say that the same do not return irregularly, but that different ones
 subinde oriri. Quod tamen pertineret nihil ad rationem
successively arise. Which nevertheless would contribute nothing to the method
 curandi, etiamsi diceretur (impers.) vere. Tempora quoque
of treating, even if it were said truly. The times also
 remissionum sunt modo liberalia, modo vix ulla.
of the remissions are sometimes considerable, at other times scarcely any.

CAP. IV.

CHAP. IV.

Genera Curationum.
 The kinds of Cures.

Et quidem talis est maxime ratio februm. Vero genera
And indeed such is mostly the nature of fevers. But the kinds
 curationum sunt diversa, prout habent aliquos auctores.
of treatments are various, according as they have some (different) authors.
 Asclepiades dicit esse officium medici, ut tuto,
Asclepiades asserts that it is the duty of a physician, that he safely,
 ut celeriter, ut jucunde curet. Id est votum:
that he quickly, that he pleasantly cure. That is his vow:
 (ejus, sc. medici) sed fere nimia et festinatio et
(solemn promise, wish?) but generally too much both haste and
 voluptas solet esse periculosa. Vero quâ moderatione
pleasure is wont to be dangerous. But what management
 utendum sit (nobis), ut, quantum potest fieri, omnia ista
we must use, that, as far as it can be done, all these things
 contingant, salute semper primâ habitâ, erit
may happen, the health being always first considered, will be
 considerandum in partibus ipsis curationum. Et ante
to be considered in the parts themselves of the treatments. And before
 omnia quæritur, (impers.) quâ ratione æger sit
all things it is questioned, in what manner the patient is
 continendus primis diebus. Antiqui, quibusdam medicamentis
to be managed in the first days. The ancients, some medicines
 datis, moliebantur concoctionem; eo quod horrebant cruditatem
being given, promoted digestion; because they dreaded crudity
 maximè; deinde subtrahebant eam materiam, quæ videbatur
most of all; then they withdrew that material, which seemed

ordinate redire, sed alias aliasque subinde oriri dicunt. Quod tamen ad curandi rationem nihil pertineret, etiamsi vere diceretur. Tempora quoque remissionum modo liberalia, modo vix ulla sunt.

Id votum est: sed fere periculosa esse nimia et festinatio et voluptas solet. Qua vero moderatione utendum sit, ut, quantum fieri potest, omnia ista contingant, prima semper habita salute, in ipsis partibus curationum considerandum erit. Et ante omnia quæritur, primis diebus æger qua ratione continendus sit. Antiqui, medicamentis quibusdam datis, concoctionem moliebantur; eo quod cruditatem maxime horrebant: deinde eam materiam, quæ lædere videbatur, ducendo sæpius alvum

CAP. IV.—*Curationum Genera.*—Et februm quidem ratio maxime talis est. Curationum vero diversa genera sunt, prout auctores aliquos habent. Asclepiades officium esse medici dicit, ut tuto, ut celeriter, ut jucunde curet.

lædere, to offend,	sæpius by frequently	ducendo clystering	alvum. the belly.	Asclepiades Asclepiades	sustulit laid aside
medicamenta: medicines:	non subduxit he did not clyster	alvum the belly	toties, so often,	sed but	tamen nevertheless
in fere in almost	omn every	morbo; disease;	professus est he professed	se that he	uti præcipue used principally
febre the fever	ipsa itself	ad for	remedium. the remedy.	Enim For	putavit vires he thought that the strength
of the patient	(esse) (were)	convellendas to be weakened	luce, by light,	vigilia, waking,	ingenti great
siti, thirst,	sic so	ut that	ne sineret he would not suffer	quidem even	os elui the mouth to be washed out
primis on the first	diebus. days.	Quo magis So much the more	falluntur, are they deceived,	qui who	concipiunt conceive
ejus that his	disciplinam discipline	esse is	jucundum agreeable	per through	omnia, enim all things, for
is, he, indeed,	quidem, in the latter	ulterioribus days	diebus (sc. morbi) days	subscripsit subscribed	luxuriæ etiam to the luxury even
cubantis, of the lying person (patient),	vero but	primis (sc. diebus) in the first	exhibuit he acted	vicem the part.	
tortoris. of a tormentor.	Autem But	ego I	concedo grant	potiones that potions	medicamentorum debere of medicines ought
dari, to be given,	et and	alvum the belly	duci to be clystered	non nisi only but	raro: et tamen seldom: but nevertheless
non I do not	existimo think	id that it	agendum, ought to be done,	ideo in order	ut vires that the strength
ægri of the patient	convellantur; may be weakened;	quoniam because	summum the utmost	periculum danger	est is
ex from	imbecillitate. weakness.	Ergo, Therefore,	oportet it behooveth	superantem that the superabundant	
materiam matter	tantum only	minui, be reduced,	quæ which	naturaliter naturally	digeritur, ubi is wasted, when
nihil nothing	novi (of) new	accedit. is added.	Itaque, Therefore,	primis in the first	diebus æger days the patient
est is	abstinendus to be restrained	a from	cibo, food,	est is	habendus luce to be kept in the light
interdiu, in the day time,	nisi unless	infirmus, weak,	quoniam because	ista that (light)	quoque digerit also wastes
corpus; que the body; and	is he	(sc. æger) (the patient)	debet ought	cubare to lie	conclavi quam in a chamber as large
maximo. as possible.	Vero But	quod as	pertinet relates	ad to	sitim que somnum, thirst and sleep,

subtrahebant. Asclepiades medicamenta sustulit: alvum non toties, sed fere tamen in omni morbo, subduxit; febre vero ipsa præcipue se ad remedium uti professus est. Convellendas enim vires ægri putavit, luce, vigilia, siti ingenti, sic, ut ne os quidem primis diebus elui sineret. Quo magis falluntur, qui per omnia jucundam ejus disciplinam esse concipiunt. Is enim ulterioribus quidem diebus cubantis etiam luxuriæ subscripsit; primis vero tortoris vicem exhibuit. Ego autem, medicamentorum dari potiones, et

alvum duci non nisi raro debere, concedo: et id non ideo tamen agendum, ut ægri vires convellantur, existimo; quoniam ex imbecillitate summum periculum est. Minui ergo tantum materiam superantem oportet, quæ naturaliter digeritur, ubi nihil novi accedit. Itaque abstinendus a cibo primis diebus est, in luce habendus neque, nisi infirmus, interdiu est, quoniam corpus ista quoque digerit; isque cubare quam maximo conclavi debet. Quod ad sitim vero somnumque pertinet, moderandum est, ut interdiu vigilet; noctu, si fieri

moderandum est (sc. nobis) ut, si potest fieri, vigilet
we must manage that, if it can be done, he be awake

interdiu, conquiescat noctu: ac neque potet,
during the day, he rest in the night: and neither drink,

neque crucietur nimium siti. Ejus os etiam
nor be tormented too much by thirst. His mouth also

potest elui, ubi est et siccum et foetet ipsi (sc. ori);
may be washed, when it is both dry and is foetid to itself;

quamvis id tempus est non aptum potioni. Que Erasistratus
although that time is not fit for drink. And Erasistratus

commode dixit, interiore parte non requirente humorem,
has aptly said, the inner part not requiring moisture,

os et fauces sæpe requirere: neque pertinere
that the mouth and fauces often required it; nor that it conduced

ad rem ægrum malè haberi.
to the purpose that the patient be ill treated.

Ac primo, quidem, est sic tenendus. Vero optimum
And at first, indeed, he is so to be managed. But the best

medicamentum est cibus opportune datus, qui quando debeat
medicine is food opportunely given, which when it ought

primum dari quæritur (impers.). Plerique ex antiquis
first to be given, is a question. Most of the ancients

dabant tarde, sæpe quinto die, sæpe sexto:
gave it at a late period, often on the fifth day, often on the sixth:

et fortasse ratio cœli patitur id vel in
and perhaps the nature of the climate permits that either in

Asiâ vel in Ægypto. Asclepiades, ubi fatigaverat ægrum
Asia or in Egypt. Asclepiades, when he had worried the patient

per omnia triduo, destinabat (sc. ægrum) cibo
through all things for three days, destined him for food

quarto die. At Themison nuper considerabat non
on the fourth day. But Themison lately used to consider not

quando febris cœpisset, sed quando desisset, aut certe
when the fever had begun, but when it had ceased, or at least

esset levata: et tertio die ab illo tempore expectato,
was abated: and the third day from that time being waited for,

si febris non accesserat, dabat cibum statim;
if the paroxysm had not come on, he gave food immediately;

si accesserat, ubi ea vel desiderat, vel si inhærebat
if it had come on, when it either had ceased, or if it continued

assidue, certe si inclinaverat se. Autem utique
constantly, at least if (when) it had turned itself (abated). But certainly

potest, conquiescat: ac neque potet, neque nimium siti crucietur. Os etiam ejus elui potest, ubi et siccum est, et ipsi foetet; quamvis id tempus aptum potioni non est. Commodeque Erasistratus dixit, sæpe, interiore parte humorem non requirente, os et fauces requirere; neque ad rem, male haberi ægrum, pertinere.

Ac primo quidem sic tenendus est. Optimum vero medicamentum est, opportune cibus datus: qui quando primum dari debeat, quæritur. Plerique ex antiquis tarde dabant,

sæpe quinto die, sæpe sexto: et id fortasse vel in Asia, vel in Ægypto, cœli ratio patitur. Asclepiades, ubi ægrum triduo per omnia fatigaverat, quarto die cibo destinabat. At Themison nuper, non quando cœpisset febris, sed quando desisset, aut certe levata esset, considerabat: et ab illo tempore expectato die tertio, si non accesserat febris, statim; si accesserat, ubi ea vel desiderat, vel, si assidue inhærebat, certe si se inclinaverat, cibum dabat. Nihil autem horum utique perpetuum est. Nam potest primo die primus cibus

nihil <i>nothing</i>	horum <i>of these</i>	est <i>is</i>	perpetuum. <i>invariable.</i>	Nam <i>For</i>	primus <i>the first</i>	cibus <i>food</i>	potest esse <i>may be</i>
dandus <i>to be given</i>	primo <i>on the first</i>	die; <i>day;</i>	potest <i>it may</i>	secundo, <i>on the second,</i>	potest <i>it may</i>	tertio, <i>on the third,</i>	
potest <i>it may</i>	non <i>not</i>	nisi <i>until</i>	quarto <i>the fourth</i>	aut <i>or</i>	quinto; <i>fifth;</i>	potest <i>it may</i>	post <i>after</i>
accessionem, <i>accession,</i>	potest <i>it may</i>	post <i>after</i>	duas, <i>two,</i>	potest <i>it may</i>	post <i>after</i>	plures. <i>several.</i>	Enim <i>Moreover</i>
refert <i>it imports</i>	qualis <i>what kind</i>	morbus <i>the disease</i>	sit, <i>is,</i>	quale <i>what</i>	corpus, <i>the body,</i>	quale <i>what</i>	
cælum, <i>the climate,</i>	quæ <i>what</i>	ætas, <i>the age,</i>	quod <i>what</i>	tempus <i>the time</i>	anni: <i>of the year:</i>	que <i>and</i>	
potest <i>there can</i>	minime <i>by no means</i>	esse <i>be</i>	perpetuum <i>an invariable</i>	præceptum <i>rule</i>	temporis <i>of time</i>	in <i>in</i>	
rebus <i>things</i>	differentibus <i>differing</i>	multum <i>much</i>	inter <i>among</i>	se. <i>themselves.</i>	Cibus <i>Food</i>	est <i>is</i>	
dandus <i>to be given</i>	celerius <i>earlier</i>	in <i>in</i>	morbo <i>a disease</i>	qui <i>which</i>	aufert <i>carries away</i>	plus <i>more</i>	virium: <i>(of the) strength:</i>
que <i>and</i>	item <i>also</i>	eo <i>in that</i>	cælo <i>weather</i>	quod <i>which</i>	digerit <i>enfeebles</i>	magis. <i>more.</i>	Ob <i>For</i>
causam <i>reason</i>	in <i>in</i>	Africâ <i>Africa</i>	æger <i>the patient</i>	videtur <i>seems</i>	recte <i>to be properly</i>	abstineri (a cibo) <i>restrained from food</i>	
nullo <i>on no</i>	die. <i>day.</i>	Debet <i>It ought</i>	etiam <i>also</i>	dari <i>to be given</i>	maturius <i>earlier</i>	puero <i>to a boy</i>	quam <i>than</i>
juveni; <i>to a young man;</i>	ætate <i>in summer</i>	quam <i>than</i>	hieme. <i>in winter.</i>	Est <i>There is</i>	illud <i>this</i>	unum <i>one thing</i>	
quod <i>which</i>	semper, <i>always,</i>	quod <i>which</i>	ubique <i>every where</i>	est <i>is</i>	servandum, <i>to be observed,</i>	ut <i>that</i>	medicus <i>the physician</i>
subinde <i>frequently</i>	assidens <i>sitting by</i>	inspiciat <i>examine</i>	vires <i>the strength</i>	ægri, <i>of the patient,</i>	et <i>and</i>	quamdiu <i>so long as</i>	
supererunt, <i>they shall abound,</i>	pugnet <i>he should oppose</i>	abstinentiâ; <i>by abstinence;</i>	si <i>if</i>	cœperit <i>he have begun</i>			
vereri <i>to fear</i>	imbecillitatem, <i>weakness,</i>	subveniat <i>he should support</i>	cibo. <i>by food.</i>	Enim <i>For</i>	id <i>that</i>	est <i>is</i>	ejus <i>his</i>
officium, <i>duty,</i>	ut <i>that</i>	neque <i>he neither</i>	oneret <i>oppress</i>	ægrum <i>the patient</i>	supervacuâ <i>with superfluous</i>		
materiâ, <i>matter,</i>	neque <i>nor</i>	prodat <i>endanger</i>	imbecillitatem <i>weakness</i>	fame. <i>by hunger.</i>	Que <i>And</i>	invenio <i>I find</i>	
id <i>that</i>	quoque <i>also</i>	apud <i>in</i>	Erasistratum, <i>Erasistratus,</i>	qui <i>who</i>	quamvis <i>although</i>	parum docuit <i>he has not taught (us)</i>	
quando <i>when</i>	venter, <i>the belly,</i>	quando <i>when</i>	corpus <i>the body</i>	ipsum <i>itself</i>	exinaniretur, <i>should be evacuated,</i>		

dandus esse, potest secundo, potest tertio, potest non nisi quarto, aut quinto; potest post unam accessionem, potest post duas, potest post plures. Refert enim, qualis morbus sit, quale corpus, quale cælum, quæ ætas, quod tempus anni: minimeque, in rebus multum inter se differentibus, perpetuum esse præceptum temporis potest. In morbo, qui plus virium aufert, celerius cibus dandus est: itemque eo cælo, quod magis digerit. Ob quam causam in Africa nullo die æger abstineri recte videtur. Maturius etiam puero, quam juveni; ætate, quam hieme, dari debet. Unum illud est, quod semper, quod ubique servandum est, ut ægri vires subinde assidens medicus inspiciat, et quamdiu supererunt, abstinencia pugnet; si imbecillitatem vereri cœperit, cibo subveniat. Id enim ejus officium est, ut ægrem neque supervacua materia oneret, neque imbecillitatem fame prodat. Idque apud Erasistratum quoque invenio: qui, quamvis parum docuit, quando venter, quando

tamen dicendo hæc esse videnda, et cibum
yet by saying that these things are to be looked to, and that food ought
tum dandum, quum deberetur corpori, satis ostendit
then to be given, when it was due to the body, has sufficiently shewn
dum vires suppressent, oportere non dari;
whilst strength remained, that it ought not to be given ;
consulendum esse (sc. nobis) ne deficerent (scil. vires). Autem ex
that we must take care that they did not fail. But from
his potest intelligi multos (sc. ægros) posse non curari
these things it may be understood that many patients cannot be attended
ab uno medico : que eum, si est artifex,
by one physician : and that he, if he is master of his profession,
esse idoneum (sc. medicum), qui non recedit multum ab
is the proper one, who does not withdraw much from
ægro. Sed qui serviunt quæstui, quoniam is (quæstus)
the patient. But they who are slaves to gain, since that
est major ex populi, libenter amplectuntur ea
is greater from the (mass of) people, willingly adopt those
præcepta, quæ non exigunt sedulitatem ; ut in hæc re
precepts, which do not require assiduity ; as in this thing
ipsâ. Enim est quoque facile illis, qui raro
itself. Moreover it is also an easy thing for those, who seldom
vident ægrum, numerare dies vel accessiones ; est
see the patient, to count the days or the accessions ; it is
necesse ut ille assideat, qui, quod solum est
necessary that he sit by (his patient), who, which alone is
opus, est visurus quauda sit futurus nimis imbecillus,
needful, is to see when he would become too weak,
nisi acceperit cibum. Tamen, in pluribus quartus
except he (should) receive food. Nevertheless, in most cases the fourth
dies consuevit esse aptissimus ad initium cibi.
day has been accustomed to be the fittest for the commencement of food.
Autem est etiam alia dubitatio de diebus ipsis ;
But there is also another doubt concerning the days themselves ;
quoniam antiqui potissimum sequebantur impares ; que nominabant
since the ancients chiefly followed the odd days ; and named
eos κρίσιμους (crisimous), tanquam tunc judicaretur de
them critical, as if then it could be determined concerning
ægris. Hi dies erant tertius, quintus, septimus, nonus,
the sick. These days were the third, the fifth, the seventh, the ninth,
undecimus, quartusdecimus, unus et vicesimus ; ita ut summa
the eleventh, the fourteenth, the one and twentieth ; so that the greatest

corpus ipsum exinaniretur, dicendo tamen, hæc esse videnda, et tum cibum dandum, cum corpori deberetur, satis ostendit, dum vires presserant, dari non oportere ; ne deficerent, consulendum esse. Ex his autem intelligi potest, ab uno medico multos non posse curari : eumque, si artifex est, idoneum esse, qui non multum ab ægro recedit. Sed qui quæstui serviunt, quoniam is major ex populo est, libenter amplectuntur ea præcepta, quæ sedulitatem non exigunt ; ut in hac ipsa re. Facile est enim dies vel accessiones numerare iis

quoque, qui ægrum raro vident : ille assident necesse est, qui, quod solum opus est, visurus est, quando nimis imbecillus futurus sit, nisi cibum acceperit. In pluribus tamen ad initium cibi dies quartus aptissimus esse consuevit.

Est autem alia etiam de diebus ipsis dubitatio ; quoniam antiqui potissimum impares sequebantur ; eosque, tanquam tunc de ægris judicaretur, κρίσιμους nominabant. Hi erant dies tertius, quintus, septimus, nonus, undecimus, quartusdecimus, unus et vicesimus ;

potentia daretur septimo, deinde quartodecimo, deinde
influence was allowed to the seventh, then to the fourteenth, then
 uni et vicesimo. Igitur sic nutriebant ægros, ut
to the one and twentieth. Therefore they so dieted the sick, that
 expectarent accessiones imparium dierum: deinde postea darent
they waited for the accessions of the odd days: then afterwards gave
 cibum quasi levioribus accessionibus instantibus; adeo ut
food as if the lighter accessions being at hand; so that
 Hippocrates, si febris desisset alio die, sit solitus timere
Hippocrates, if the fever had ceased on another day, was accustomed to fear
 recidivam (sc. febrem). Asclepiades jure repudiavit id ut vanum;
a relapse. Asclepiades properly rejected that as idle;
 neque in ullo die, quia esset par ve impar, dixit
nor on any day, because it might be even or odd, has he said
 periculum esse vel majus vel minus iis (sc. ægris). Enim
that the danger was either greater or less for them. For
 interdum pares dies fiunt pejores; et cibus datur opportunus
sometimes the even days become the worse; and food is given more seasonably
 post accessiones eorum. Nonnunquam etiam ratio dierum
after the accessions of them. Sometimes also the order of the days
 mutatur in morbo ipso; que (sc. is dies) fit gravior
is changed during the disease itself; and that becomes the more severe
 qui consueverat esse remissior. Atque quartusdecimus ipse, in
which had been used to be the milder. But the fourteenth itself, on
 quo antiqui fatebantur esse magnam vim, est
which the ancients confessed that there was great influence, is an
 par. Qui cum contenderent octavum (diem) habere
even (day). Who when they were contending that the eighth had
 naturam primi (diei), ut secundus septenarius inciperet ab eo,
the properties of the first, as the second septenary began from it,
 ipsi repugnabant sibi non sumendo octavum,
they opposed (were inconsistent with) themselves by not taking the eighth,
 neque decimum, neque duodecimum diem, quasi potentiores: enim
nor the tenth, nor the twelfth day, as the more influential: for
 tribuebant plus nono et undecimo. Quod cum
they attributed more to the ninth and the eleventh. Which when
 fecissent sine ulla probabili ratione, transibant ab undecimo
they had done without any feasible reason, they passed from the eleventh
 non ad tertiumdecimum, sed ad quartumdecimum. Est etiam apud
not to the thirteenth, but to the fourteenth. It is also in
 Hippocratem, quartum (diem) esse gravissimum ei, quem
Hippocrates, that the fourth day is the most severe to him, whom

ita ut summa potentia septimo, deinde quarto-
 decimo, deinde uni et vicesimo daretur. Igi-
 tur sic ægros nutriebant, ut dierum imparium
 accessiones expectarent: deinde postea cibum,
 quasi levioribus accessionibus instantibus,
 darent; adeo ut Hippocrates, si alio die febris
 desisset, recidivam timere sit solitus. Id
 Asclepiades jure ut vanum repudiavit; neque
 in ullo die, quia par imparve esset, iis vel ma-
 jus vel minus periculum esse dixit. Interdum
 enim pejores dies pares fiunt; et opportunus
 post eorum accessiones cibus datur. Nonnun-
 quam etiam in ipso morbo dierum ratio muta-

tur; fitque gravior, qui remissior esse consue-
 verat. Atque ipse quartusdecimus par est, in
 quo esse magnam vim antiqui fatebantur. Qui
 cum octavum primi naturam habere contende-
 rent, ut ab eo secundus septenarius inciperet,
 ipsi sibi repugnabant, non octavum, neque
 decimum; neque duodecimum diem sumendo,
 quasi potentiores: plus enim tribuebant nono,
 et undecimo. Quod cum fecissent sine ulla
 probabili ratione, ab undecimo, non ad ter-
 tiumdecimum, sed ad quartumdecimum, transi-
 bant. Est etiam apud Hippocratem, ei, quem
 septimus dies liberaturus sit, quartum esse

septimus dies liberaturus sit. Ita, illo quoque auctore, in
the seventh day will deliver. Thus, he also being author, on
 pari die, febris potest esse et gravior, et certa nota
the even day, the fever may be both more severe, and a certain sign
 futuri. Atque idem alio loco apprehendit
of what will happen. And the same (author) in another place considers
 quemque quartum diem ut efficacissimum in utrumque; id est,
every fourth day as the most influential for both; that is,
 quartum, septimum, undecimum, quartumdecimum, decimumseptimum.
the fourth, the seventh, the eleventh, the fourteenth, the seventeenth.
 In quo transit ab (ratione) imparis, ad rationem
In which he passes from (the order) of an odd, to the order
 paris: et ne quidem hoc conservavit propositum;
of an even (day): and not even in this has he kept his purpose;
 cum undecimus sit non quartus, sed quintus a septimo die.
since the eleventh is not the fourth, but the fifth from the seventh day.
 Adeo apparet, quâcunque ratione respexerimus ad numerum,
So it appears, in whatever manner we (shall) look to the number,
 nihil rationis reperiri quidem sub illo auctore.
that nothing of reason is found even in this author.
 Verum quidem Pythagorici numeri, tunc admodum celebres,
But indeed the Pythagorean numbers, at that time very celebrated,
 fefellerunt antiquos in his; cum hic quoque medicus
deceived the ancients in these things; whereas here also the physician
 debeat non numerare dies, sed intueri accessiones ipsas,
ought not to reckon the days, but to look to the accessions themselves,
 et ex his (sc. accessionibus) conjectare quando cibus sit dandus.
and from them to infer when food ought to be given.
 Autem illud pertinet magis ad rem, scire oporteat
But this belongs more to the matter, to know whether it behooveth
 dari tum cum venæ jam bene conquiverunt, an
that it be given then when the vessels have now thoroughly become calm, or
 reliquiis febris etiamnum manentibus. Enim antiqui
the remnants of the paroxysm even yet remaining. For the ancients
 offerebant alimentum, corporibus quam integerrimis: Asclepiades,
proffered food, the bodies being as free as possible: Asclepiades,
 febre quidem inclinâtâ, sed tamen adhuc inhærente.
the fever indeed being on the decline, but yet still lingering (about him).
 In quo secutus est vanam rationem: non quod cibus sit non
In which he followed a vain reasoning: not that food ought not
 interdum dandus maturius, si altera accessio timetur mature;
sometimes to be given earlier, if another accession is feared very soon;

gravissimum. Ita, illo quoque auctore, in die
 pari et gravior febris esse potest, et certa fu-
 turi nota. Atque idem alio loco quartum quem-
 que diem, ut in utrumque efficacissimum ap-
 prehendit; id est, quartum, septimum, unde-
 cimum, quartumdecimum, decimumseptimum.
 In quo et ab imparis ad paris rationem transit,
 et ne hoc quidem propositum conservavit; cum
 a septimo die undecimus, non quartus, sed
 quintus sit. Adeo apparet, quâcunque ratione
 ad numerum respexerimus, nihil rationis, sub
 illo quidem auctore, reperiri.

Verum in his quidem antiquos tunc celebres

admodum Pythagorici numeri fefellerunt:
 cum hic quoque medicus non numerare dies
 debeat, sed ipsas accessiones intueri; et ex his
 conjectare, quando dandus cibus sit. Illud
 autem magis ad rem pertinet, scire, tum opor-
 teat dari, cum jam bene venæ conquiverunt,
 an etiamnum manentibus reliquiis febris. An-
 tiqui enim quam integerrimis corporibus ali-
 mentum offerebant: Asclepiades, inclinâtâ
 quidem febre, sed adhuc tamen inhærente. In
 quo vanam rationem secutus est: non quod
 non sit interdum maturius cibus dandus, si
 mature timetur altera accessio; sed quod sci-

sed quod scilicet debeat dari quam sanissimo; enim
but because truly it ought to be given (when) as healthy as possible; for
 quod infertur integro corpori minus corrumpitur. Neque
what is ingested to the sound body is less corrupted. Nor
 tamen est, quod videbatur Themisoni, verum, si æger esse
for all that is, what appeared to Themison, true, if the sick was
 futurus integer duabus horis, esse satius dare tum
to become free from fever for two hours, that it was better to give it then
 ut diduceretur potissimum ab corpore integro. Nam si
that it might be distributed principally by the body (when) free. For if
 posset diduci tam celeriter, id esset optimum; sed cum
it could be distributed so quickly, that would be the best; but since
 hoc breve tempus non præstet, est satius principia cibi
this short time cannot suffice, it is better that the beginnings of food
 excipi a decedente febre quam reliquias ab incipiente.
be endured by a departing paroxysm than the remains by a commencing one.
 Ita, si secundum tempus est longius, est dandus
So, if the favourable period is (of) longer (duration), it is to be given
 quam integerrimo; si breve, etiam antequam fiat ex toto
when as free as possible; if short, even before that he become entirely
 integer. Vero loco quo integritas est, eodem
free. But in the period in which the apyrexia is, in the same
 est remissio, maxima quæ potest esse
(the corresponding) is the remission, the greatest which can be (occur)
 in continua febre. Atque hoc quoque quæritur, utrum tot
in continued fever. And this also is a question, whether so many
 horæ sint expectandæ quot habuerunt febrem; an sit satis
hours are to be waited for ■ they had the fever; or it be sufficient
 primam partem earum præteriri, ut insidat jucundius
that the first part of them be passed over, that it may sit more agreeably
 ægris quibus interdum non vacat. Autem est tutissimum
with the sick to whom sometimes there is no leisure. But it is most safe
 tempus totius accessionis præterire ante; quamvis ubi
that the time of the entire accession pass over before; although when
 febris fuit longa, potest indulgeri (impers.) ægro maturius,
the paroxysm has been long, it may be indulged to the patient earlier,
 dum tamen dimidia pars minimum ante prætereatur.
provided however that a half part of the time at the least be first passed by.
 Que id est ita servandum, non in eâ febre solâ, de quâ
And this is so to be observed, not in that fever alone, of which
 dictum est proxime, sed in omnibus.
it has been spoken last, but in all.

licet quam sanissimo dari debeat: minus enim corrumpitur, quod integro corpori infertur. Neque tamen verum est, quod Themisoni videbatur, si duabus horis integer futurus esset æger, satius esse tum dare; ut ab integro corpore potissimum diduceretur. Nam si diduci tam celeriter posset, id esset optimum: sed cum hoc breve tempus non præstet, satius est, principia cibi a decedente febre, quam reliquias ab incipiente excipi. Ita, si longius tempus secundum est, quam integerrimo dandus est; si breve, etiam antequam ex toto integer fiat. Quo loco vero integritas est, eodem est remis-

sio, quæ maxima in febre continua potest esse. Atque hoc quoque quæritur, utrum tot horæ expectandæ sint, quot febrem habuerunt; an satis sit, primam partem earum præteriri, ut ægris jucundius insidat, quibus interdum non vacat. Tutissimum est autem, ante totius accessionis tempus præterire; quamvis, ubi longa febris fuit, potest indulgeri ægro maturius, dum tamen ante minimum pars dimidia prætereatur. Idque non in ea sola febre, de qua proxime dictum est, sed in omnibus ita servandum est.

CAP. V.

CHAP. V.

Species Febrium.
The Species of Fevers.

Hæc sunt magis perpetua per omnia genera febrium;
These things are more invariable in all kinds of fevers;
nunc descendam ad singulas species earum. Igitur si
now I shall go to the individual species of them. Therefore if
accessit tantum semel, deinde desit, que eni fuit
it has come on only once, then has terminated, and it has originated
vel ex inguine, vel ex lassitudine, vel ex æstu, ve aliâ
either from the groin, or from weariness, or from heat, or any other
simili re, sic ut nulla interior causa fecerit metum,
similar thing, provided that no more internal cause have occasioned fear,
cibus potest dari postero die, cum tempus accessionis
food may be given on the following day, when the period of the accession
ita transiit ut nihil moverit. At si calor venit
has so passed that it have not disturbed in the least. But if heat comes
ex alto, et gravitas vel capitis vel
from something deep seated, and heaviness either of the head or
præcordiorum secuta est, neque quid confuderit corpus
of the præcordia has followed, nor does what has disordered the body
apparet, quamvis integritas secuta est unam accessionem,
appear, although perfect apyrexia has followed the first accession,
tamen quia tertiana potest timeri, tertius dies est expectandus:
yet because a tertian may be feared, the third day is to be waited for:
et ubi tempus accessionis præteriit, cibus est dandus,
and when the time of the accession has passed by, food is to be given,
sed exiguus, quia quartana quoque potest timeri: et
but sparing(ly), because a quartan also may be feared: and
demum, quarto die, si corpus est integrum, utendum est
at length, on the fourth day, if the body is free from fever, he ought to use
eo (cibo) cum fiducia. Vero si postero, ve tertio, aut
it with confidence. But if on the next, or the third, or
quarto die, febris secuta est, licet scire morbum esse.
the fourth day, fever has followed, we may know that disease is present.
Sed ratio tertianarum, que quatanarum, quarum et circuitus
But the treatment of tertians, and of quartans, of which both the period

CAP. V.—*Febrium Species.*—Hæc magis per omnia genera febrium perpetua sunt: nunc ad singulas earum species descendam. Igitur si semel tantum accessit, deinde desit, eaque vel ex inguine, vel ex lassitudine, vel ex æstu, aliave simili re fuit, sic, ut interior nulla causa metum fecerit, postero die, cum tempus accessionis ita transiit, ut nihil moverit, cibus dari potest. At si ex alto calor venit, et gravitas vel capitis vel præcordiorum secuta est,

neque apparet, quid corpus confuderit; quamvis unam accessionem secuta integritas est; tamen, quia tertiana timeri potest, expectandus est dies tertius: et ubi accessionis tempus præteriit, cibus dandus est, sed exiguus; quia quartana quoque timeri potest: et die quarto demum, si corpus integrum est, eo cum fiducia utendum. Si vero postero, tertiove, aut quarto die secuta febris est; scire licet, morbum esse. Sed tertianarum, quatanarumque, quarum et

est certus, et finis integer, et tempora sunt liberaliter
is certain, and the termination complete, and the intervals are perfectly
 quiescens, est expeditior; de quibus dicam suo loco.
undisturbed, is more easy; of which I shall speak in their own place.
 Vero nunc explicabo eas, quæ urgent quotidie. Igitur cibus
But now I shall explain those, which trouble daily. Therefore food
 commodissime datur ægro quoque tertio die, ut alter (sc. dies)
is most suitably given to the sick every third day, that the one
 minuat febrem, alter subveniat viribus. Sed is (sc. cibus)
may reduce the fever, the other support the strength. But it
 debet dari, si est quotidiana febris quæ ex toto
ought to be given, if it is a quotidian fever which perfectly
 desinat, simulatque corpus factum est integrum: si, quamvis
intermits, as soon as the body has become free from fever: if, although
 non accessiones, tamen, febres junguntur
not the accessions, nevertheless, the fevers are joined (the febrile action continued)
 et quidem increscunt quotidie, sed tamen remittunt sine
and even increase daily, but still remit without
 integritate, cum corpus ita habet se, ut major remissio
perfect apyrexia, when the body so has itself, that a greater remission
 non expectetur: si accessio est gravior, altero die,
cannot be waited for: if the accession is more violent, on the one day,
 levior altero, post graviorem. Vero fere levior
slighter on the other, after the more violent. But commonly an easier
 nox sequitur graviorem accessionem; que fit, ut tristior
night follows a severer accession; whence it happens, that a worse
 nox quoque antecedit graviorem accessionem. At si febris
night also precedes the more violent accession. But if the fever
 continuatur, neque unquam fit levior, et est necesse cibum
is continual, nor ever becomes lighter, and it is necessary that food
 dari, est magna dissensio quando debeat
be given, there is great difference of opinion as to what time it ought
 dari. Quidam, quia matutinum tempus est fere
to be given. Some, because the morning time is commonly
 remissius ægris, putant dandum tunc. Quod
the more easy to the sick, think that it ought to be given then. Which
 si respondet, debet dari, non quia est mane, sed
if it answers, it ought to be given, not because it is morning, but
 quia ægris est (pro habet) remissio. Vero si quidem tunc
because the sick have a remission. But if even then
 est ne ulla requies ægris, id tempus est pejus hoc
there is not any (no) ease to the sick, that time is worse on this

certus circuitus est, et finis integer, et liberaliter quiescens tempora sunt, expeditior ratio est: de quibus suo loco dicam. Nunc vero eas explicabo, quæ quotidie urgent. Igitur tertio quoque die cibus ægro commodissime datur: ut alter febrem minuat, alter viribus subveniat. Sed is dari debet, si quotidiana febris est, quæ ex toto desinat, simulatque corpus integrum factum est: si quamvis non accessiones, febres tamen junguntur, et quotidie quidem increscunt, sed sine integritate tamen remittunt, cum corpus ita se habet, ut major remissio non

expectetur: si altero die gravior, altero levior accessio est, post graviorem. Fere vero graviorem accessionem levior nox sequitur: quo fit, ut graviorem accessionem nox quoque tristior antecedit. At si continuatur febris, neque levior unquam fit, et dari cibum necesse est, quando dari debeat, magna dissensio est. Quidam, quia fere remissius matutinum tempus ægris est, tunc putant dandum. Quod si respondet, non quia mane est, sed quia remissio est ægris, dari debet. Si vero ne tunc quidem ulla requies ægris est, hoc ipso pejus id

ipso, quod cum suâ naturâ debeat esse melius, non est
very account, because though by its nature it ought to be better, it is not
 vitio morbi: que, simul, meridianum tempus
through the fault of the disease: and, moreover, mid-day time
 insequitur, a quo, cum omnis æger fere fiat pejor,
follows, from which, as every patient commonly becomes worse,
 potest timeri, ne ille urgeatur etiam magis quam ex
it may be feared, that he be troubled even more than from
 consuetudine. Igitur alii dant cibum tali ægro
custom (usual). Therefore some give food to such a patient
 vespere. Sed cum qui ægrotant, sint fere pessimi
in the evening. But since they who are sick, are generally worst
 eo tempore, est verendum, ne, si moverimus quid
at that time, it is to be feared, that, if we should excite any thing
 tunc, aliquid asperius fiat. Ob hæc
then, something more severe may happen. On account of these things
 decurro ad mediam noctem; id est, gravissimo tempore
I defer it to the middle of the night; that is, the severest time
 jam finito, que eodem longissime distante: vero horis
being now ended, and the same farthest distant: but the hours
 antelucanis secuturis, quibus omnes fere dormiunt maxime;
before daylight being about to follow, in which all generally sleep most;
 deinde matatino tempore (subsecuturo), quod suâ naturâ est levissimum.
then the morning time, which by its nature is the easiest.
 Vero si febres sunt vagæ, quandocunque quis est
But if the accessions are irregular, whensoever a person is
 levatus ex accessione, tunc debet assumere, quia est
relieved from the accession, then he ought to take it, because it is
 verendum ne statim subsequantur cibum. At si plures
to be feared lest they immediately follow after food. But if several
 accessiones veniunt eodem die, oportet considerare, ne
accessions happen on the same day, it behooveth to consider, whether
 sint pares per omnia, quod potest vix fieri, an impares.
they be similar in all things, which can scarcely happen, or dissimilar.
 Si sunt pares per omnia, cibus debet dari potius post
If they are similar in all things, food ought to be given rather after
 eam accessionem quæ non desinit inter meridiem et
that accession which does not terminate between mid-day and
 vesperem: si sunt impares, considerandum est quo distent.
evening: if they are dissimilar, we must consider in what they differ.
 Nam si altera est gravior, altera levior, debet dari
For if the one is more severe, the other slighter, it ought to be given

tempus est, quod cum sua natura melius esse debeat, morbi vitio non est: simulque insequitur tempus meridianum, a quo cum omnis æger fere pejor fiat, timeri potest, ne ille magis etiam, quam ex consuetudine, urgeatur. Igitur alii vespere tali ægro cibum dant. Sed cum eo tempore fere pessimi sint, qui ægrotant, verendum est, ne, si quid tunc moverimus, fiat aliquid asperius. Ob hæc ad mediam noctem decurro; id est, finito jam gravissimo tempore, eodemque longissime distante: secuturis vero antelucanis horis, quibus

omnes fere maxime dormiunt; deinde matutino tempore, quod natura sua levissimum est. Si vero febres vagæ sunt, quia verendum est, ne cibum statim subsequantur, quandocunque quis ex accessione levatus est, tunc debet assumere. At si plures accessiones eodem die veniunt, considerare oportet, paresne per omnia sint, quod vix fieri potest, an impares. Si per omnia pares sunt, post eam potius accessionem cibus dari debet, quæ non inter meridiem et vesperem desinit: si impares sunt, considerandum est, quo distent. Nam si altera gravior,

post graviolem: si altera (est) longior, altera brevior, post
 after the severer: if the one is longer, the other shorter, after
 longiorem: si altera est gravior, altera longior, considerandum est
 the longer: if the one is severer, the other longer, we ought to consider
 utra affligat magis, illa vi, an hæc tempore,
 which oppresses more, the former by violence, or the latter by duration,
 et est dandus post eam (sc. quæ magis affligit).
 and it is to be given after it.

Sed plane interest plurimum quantæ que quales remissiones
 But evidently it imports very much how many and what sort the remissions
 inter eas sint. Nam si motio manet post alteram febrem,
 between them are. For if excitement remains after the one paroxysm,
 post alteram corpus est integrum (a motione), aptius tempus cibo
 after the other the body is free from it, the fitter time for food
 est, corpore integro: si febricula semper manet, sed
 is, the body being free: if a slight fever constantly remains, but
 tamen alterum tempus remissionis est longius, id est potius
 nevertheless one time of remission is longer, it is rather
 eligendum; adeo ut, ubi accessiones continuantur, cibus sit
 to be chosen; so that, when the accessions are continual, food is
 dandus protinus priore inclinâtâ. Etenim est
 to be given immediately on the former having declined. For it is
 perpetuum (sc. principium) ad quod omne consilium potest
 a general principle to which all consideration may
 dirigi, semper reducere cibum maxime quam ab accessione
 be directed, always to withdraw food the most possible from the accession
 futurâ; et, hoc salvo, dare, corpore
 about to take place; and, this being observed, to give it, the body
 integerrimo quam. Quod servabitur non tantum inter duas
 being as free as possible. Which will be observed not only between two
 sed etiam inter plures accessiones. Sed cum sit aptissimum
 but also between the several accessions. But though it be most suitable
 dare cibum quoque tertio die; tamen si corpus est infirmum, est
 to give food every third day; yet if the body is weak, it is
 dandus quotidie; que multo magis, si febres sunt continentes
 to be given daily; and so much the more, if the fevers are continual
 sine remissione, quanto affligunt corpus magis; aut si duæ
 without remission, as they distress the body more; or if two
 ve plures accessiones veniunt eodem die. Quæ res efficit,
 or more accessions happen on the same day. Which thing causes,
 ut cibus debeat et dari quotidie, protinus a primo die,
 that food ought both to be given daily, immediately from the first day,

altera levior est, post graviolem dari debet: si altera longior, altera brevior, post longiorem: si altera gravior, altera longior est, considerandum est, utra magis affligat, illa vi, an hæc tempore, et post eam dandus est.

Sed plane plurimum interest, quantæ qualesque inter eas remissiones sint. Nam si post alteram febrem motio manet, post alteram integrum corpus est; integro corpore, cibo tempus aptius est: si semper febricula manet, sed alterum tamen longius tempus remissionis est, id potius eligendum est; adeo ut, ubi accessiones continuantur, protinus, inclinata priore,

dandus cibus sit. Etenim perpetuum est, ad quod omne consilium dirigi potest, cibum quam maxime semper ab accessione futura reducere; et, hoc salvo, dare quam integerrimo corpore. Quod non inter duas tantum, sed etiam inter plures accessiones servabitur. Sed cum sit aptissimum, tertio quoque die cibum dare; tamen, si corpus infirmum est, quotidie dandus est; multoque magis, si continentes febres sine remissione sunt, quanto magis corpus affligunt; aut si duæ pluresve accessiones eodem die veniunt. Quæ res efficit, ut et a primo die protinus cibus dari quotidie debeat,

si venæ protinus conciderunt; et sæpius eodem die,
if the vessels have suddenly shrunk; and more frequently on the same day,
 si inter plures accessiones vis subinde deest corpori.
if between the several accessions the strength occasionally fails the body.
 Illud tamen est servandum in his, ut minus cibi detur
This however is to be observed in these cases, that less food be given
 post eas febres, post quas, si liceret (sc. nobis) per
after those paroxysms, after which, if it were permitted by the
 corpus, non daretur omnino.
(condition of) the body, it would not be given at all.

Vero cum febris instet, incipiat, augeatur,
But whereas fever may be approaching, be commencing, be increasing,
 consistat, decedat, deinde consistat in decessione, aut
be at a stand still, be going off, then may stand still in the departure, or
 finiatur; licet scire optimum tempus cibo esse,
be terminated; be it known that the best time for food is,
 febre finitâ: deinde cum ejus decessio consistit;
the fever being ended: then when its departure is at a stand still;
 tertium, si est necesse, quodocunque decedit; omnia
the third, if it is necessary, whenever it is departing; that all
 cetera (tempora) esse periculosa. Si tamen, propter infirmitatem,
other times are dangerous. If however, through weakness,
 necessitas urget, esse satius offerre aliquid, incremento
necessity compels us, that it is better to offer something, the increase
 febris jam consistente, quam incremente; esse
of the fever being now at a stand still, than while increasing; that it is
 satius, instante, quam incipiente: cum eo tamen,
better, when approaching, than commencing: with this (proviso) however,
 ut is qui deficit, sit non nullo tempore sustinendus.
that he who is sinking, is not at no time (always) to be supported (by food).

Neque hercule, est satis, medicum intueri tantum,
Nor truly, is it enough, that the physician observe only,
 febres ipsas, sed etiam habitum totius corporis, et
the paroxysms themselves, but also the habit of the whole body, and
 dirigere curationem ad eum; seu vires supersunt,
regulate his treatment according to it; whether the strength remain,
 seu desunt, seu quidam alii affectus interveniunt. Vero cum
or fail, or some other affections intervene. But as
 semper conveniat agere ægros securos, ut laborent
it is always suitable to keep the sick quiet, that they may suffer
 corpore tantum, non animo etiam: tum precipue ubi
in body only, not in mind also: so especially when

si protinus venæ conciderunt; et sæpius eodem die, si inter plures accessiones subinde vis corpori deest. Illud tamen in his servandum est, ut post eas febres minus cibi detur, post quas, si per corpus liceret, omnino non daretur. Cum vero febris instet, incipiat, augeatur, consistat, decedat, deinde in decessione consistat, aut finiatur; scire licet, optimum cibo tempus esse febre finitâ: deinde, cum decessio ejus consistit; tertium, si necesse est, quodocunque decedit; cetera omnia periculosa esse. Si tamen propter infirmitatem necessitas

urget, satius esse, consistente jam incremento febris, aliquid offerre, quam incremente; satius esse, instante, quam incipiente: cum eo tamen, ut nullo tempore is, qui deficit, non sit sustinendus.

Neque hercule satis est, ipsas tantum febres medicum intueri, sed etiam totius corporis habitum, et ad eum dirigere curationem; seu supersunt vires, seu desunt, seu quidam alii affectus interveniunt. Cum vero semper ægros securos agere conveniat, ut corpore tantum, non etiam animo laborent: tum precipue, ubi

sumserunt cibum. Itaque si sunt qua, quæ
they have taken food. Therefore if there are any things, which
 exasperatura sunt animos eorum, est optimum subtrahere ea
will ruffle the minds of them, it is best to withhold them
 notitiæ eorum dum ægrotant; si id potest non
from the knowledge of them whilst they are sick; if that can not
 fieri, tamen sustinere post cibum usque tempus somni,
be done, yet to withhold them after food until the time of sleep,
 et cum expectati sunt, tum exponere.
and when they have awoke, then to tell (acquaint) them.

CAP. VI.

CHAP. VI.

Tempora Potionis.
The Times of Drink.

Sed quidem ratio de cibo est facilius cum ægris;
But indeed the management of food is easier with the sick;
 stomachus quorum sæpe respuit hunc, etiamsi mens concupiscit;
the stomach of whom often rejects it, although the mind desires it;
 vero ingens pugna est de potione; que eo magis, quo
but the great struggle is concerning drink; and the more, the
 major febris est. Enim hæc accendit sitim, et tum, exigit
greater the fever is. For this inflames thirst, and then, requires
 aquam maxime, cum illa est periculosissima. Sed æger est
water most, when it is most dangerous. But the patient is
 docendus, ubi febris quieverit, sitim quoque
to be taught, when the fever shall have ceased, that the thirst also
 quieturam (esse) protinus; que accessionem fore longiorem,
will subside immediately; and that the accession would be longer,
 si quod alimentum fuerit datum ei: ita eum, qui
if any nourishment were (should be) given to him: so that he, who
 non bibit, celerius desinere sitire. Tamen, quanto
does not drink, more quickly ceases to thirst. Nevertheless, by how much
 etiam sani sustinent famem facilius quam sitim,
even healthy persons endure hunger more easily than thirst,
 tanto magis est necesse indulgere ægris in potione quam
by so much the more is it necessary to indulge the sick in drink than
 in cibo. Sed quidem nullus humor debet dari primo
in food. But indeed no liquid ought to be given on the first

cibum sumserunt. Itaque, si qua sunt, quæ exasperatura eorum animos sunt, optimum est, ea, dum ægrotant, eorum notitiæ subtrahere: si id fieri non potest, sustinere tamen post cibum usque somni tempus, et cum expectati sunt, tum exponere.

CAP. VI. — *Potiones Tempora.* — SED de cibo quidem facilius cum ægris ratio est; quorum sæpe stomachus hunc respuit, etiamsi mens concupiscit: de potione vero ingens pugna

est; eoque magis, quo major febris est. Hæc enim sitim accendit, et tum maxime aquam exigit, cum illa periculosissima est. Sed docendus æger est, ubi febris quieverit, protinus sitim quoque quieturam; longioremque accessionem fore, si quod ei datum fuerit alimentum: ita celerius eum desinere sitire, qui non bibit. Necesse est tamen, quanto facilius etiam sani famem, quam sitim sustinent, tanto magis ægris in potione, quam in cibo indulgere. Sed primo quidem die nullus humor dari debet;

die, nisi venæ subito sic conciderunt, ut cibus
 day, unless the vessels (the pulse) have suddenly so shrunk, that food
 quoque debeat dari, vero secundo, que etiam ceteris (diebus)
 also ought to be given, but on the second, and also the others
 quibus cibus non dabitur, tamen, si magna sitis urgebit,
 on which food will not be given, yet, if great thirst shall oppress,
 potio potest dari. Ac quidem illud dictum ab Heraclide,
 drink may be given. And, even that saying of Heraclides,
 Tarantino, ne caret ratione: ubi aut bilis aut cruditas
 the Tarentine, is not devoid of reason: when either bile or crudity
 male habet ægrum, quoque expedire novam materiam
 disorders the sick, that it is also expedient that new matter
 misceri corruptæ per modicas potiones. Illud est
 be mixed with the corrupted by moderate draughts. This is
 videndum, ut qualia tempora leguntur cibo, talia
 to be seen to, that what times are chosen for food, such
 deligantur quoque potioni, ubi (potio) datur sine illo (cibo);
 be chosen also for drink, when it is given without the former;
 aut cum cupiemus ægrum dormire; quod sitis fere
 or when we shall be desirous that the patient sleep; which thirst mostly
 prohibet. Autem satis convenit, cum nimius humor sit
 prevents. But it is sufficiently agreed on, as too much liquid is
 alienus omnibus febricitantibus, esse præcipue tum
 injurious to all persons suffering from fever, that it is especially so
 feminis, quæ inciderunt in febres ex partu.
 to women, who have fallen into fever after parturition.
 Sed cum ratio febris et remissionis
 But although the nature of the accession and remission
 det tempora cibo que potioni, est non
 may give (points out) the times for food and drink, it is not
 expeditissimum scire quando æger febricitet, quando sit
 very easy to know when the patient is feverish, when he is
 melior, quando deficiat: sine quibus, illa possunt
 better, when he is sinking: without which, these things can
 non dispensari. Enim credimus maxime venis,
 not be regulated. For we trust most of all to the veins (pulse),
 fallacissimæ rei; quia istæ sunt sæpe leniores ve
 a very deceitful thing; because these are often slower or
 celeriores, et ætate, et sexu, et naturâ
 more frequent, both from age, and sex, and the nature
 corporum: et plerumque satis sano corpore, si
 of our bodies: and frequently in a tolerably healthy body, if

nisi subito sic venæ conciderunt, ut cibus quoque dari debeat: secundo vero, ceterisque etiam, quibus cibus non dabitur, tamen, si magna sitis urgebit, potio dari potest. Ac ne illud quidem, ab Heraclide Tarentino dictum, ratione caret: ubi aut bilis ægrum, aut cruditas male habet, expedire quoque per modicas potiones misceri novam materiam corruptæ. Illud videndum est, ut qualia tempora cibo leguntur, talia potioni quoque, ubi sine illo datur, deligantur; aut cum ægrum dormire cupiemus; quod fere sitis prohibet. Satis autem convenit,

cum omnibus febricitantibus nimius humor alienus sit, tum præcipue esse feminis, quæ ex partu in febres inciderunt.

Sed cum tempora cibo potionique febris et remissionis ratio det, non est expeditissimum scire, quando æger febricitet, quando melior sit, quando deficiat: sine quibus dispensari illa non possunt. Venis enim maxime credimus, fallacissimæ rei; quia sæpe istæ leniores celerioresve sunt, et ætate, et sexu, et corporum natura: et plerumque satis sano corpore, si stomachus infirmus est, nonnun-

stomachus est infirmus, subeunt et quiescunt, nonnunquam
the stomach is weak, they sink and become tranquil, sometimes
 etiam febre incipiente, ut is possit videri imbecillus
even a paroxysm commencing, so that he may seem weak
 cui facile laturo gravis accessio instat.
over whom that will easily bear it a severe accession is impending.
 Contra, sol saepe concitat et resolvit eas,
On the other hand, the sun often disturbs and softens them,
 et balneum, et exercitatio, et metus, et ira, et quilibet
also the bath, and exercise, and fear, and anger, and some
 alius affectus animi; adeo, ut cum medicus
other affection of the mind; in so much, that when the physician
 primum venit, sollicitudo ægri dubitantis, quomodo
first comes, the anxiety of the patient doubting, how
 videatur illi (sc. medico) habere se, moveat eas.
he may seem to him to have himself, can disturb them.
 Ob quam causam, est (officium) periti medici, non
For which reason, it is the duty of a skilful physician, not
 protinus ut venit, apprehendere brachium
immediately that he arrives (on his arrival), to take hold of the arm
 manu: sed primum residere hilari vultu, que
with his hand: but first to sit down with a cheerful countenance, and
 percontari quemadmodum habeat se; et, si (ei) est quis
to ask how he finds himself; and, if he has any
 metus ejus (scil. medici), lenire eum (sc. ægrum) probabiliter
fear of him, to soothe him with encouraging
 sermone; tum deinde admovere manum corpori ejus.
conversation; then afterwards to apply his hand to the body of him.
 Autem quam facile mille res turbant venas, quas
But how easily a thousand things disturb the veins, which
 conspectus medici movet! Altera res cui credimus
the sight of the physician excites! Another thing to which we trust
 est calor, æque fallax: nam hic quoque excitatur
is heat, equally fallacious: for this also is excited
 æstu, labore, somno, metu, solitudine. Igitur, quidem,
by external heat, labour, sleep, fear, anxiety. Therefore, indeed,
 oportet intueri ista etiam; sed non credere omnia
it behooveth to observe those also; but not to trust all things (entirely)
 his. Ac quidem protinus scire eum non febricitare,
to them. And even at once to know that he is not suffering from fever,
 cujus venæ sunt ordinatæ naturaliter, que tepor est
whose veins are regulated naturally, and the temperature is

quam etiam incipiente febre, subeunt et
 quiescunt; ut imbecillus is videri possit, cui
 facile laturo gravis instat accessio. Contra
 saepe eas concitat et resolvit sol, et balneum,
 et exercitatio, et metus, et ira, et quilibet
 alius animi affectus: adeo ut, cum primum
 medicus venit, sollicitudo ægri dubitantis,
 quomodo illi se habere videatur, eas moveat.
 Ob quam causam, periti medici est, non pro-
 tinus ut venit, apprehendere manu brachium:
 sed primum residere hilari vultu, percontari-

que, quemadmodum se habeat; et si quis ejus
 metus est, eum probabiliter sermone lenire; tum
 deinde ejus corpori manum admovere. Quas
 venas autem conspectus medici movet, quam
 facile mille res turbant! Altera res est, cui
 credimus, calor, æque fallax: nam hic quoque
 excitatur æstu, labore, somno, metu, sollici-
 tudine. Igitur intueri quidem etiam ista
 oportet; sed his non omnia credere. Ac pro-
 tinus quidem scire, non febricitare eum, cujus
 venæ naturaliter ordinatæ sunt, teporque talis

talis qualis solet esse sanis: autem non protinus
such as it is accustomed to be in healthy people: but not immediately
 concipere esse febrem sub calore que motu: sed
to imagine that there is fever under heat and excitement: but
 ita, si summa cutis quoque est inæqualiter arida;
that there is, if the surface of the skin also is unequally dry;
 et si est calor in fronte, et oritur ex
and if there is heat in the forehead, and it arises from
 imis præcordiis; si spiritus prorumpit ex naribus
the bottom of the præcordia; if the air breaks forth from the nostrils
 cum fervore; si color est mutatus aut rubore, aut
with heat; if the colour is changed either for redness, or
 novo pallore: si oculi sunt graves, et aut persicci
an unusual paleness: if the eyes are heavy, and either very dry
 aut subhumidi; si sudor, cum fit, est inæqualis; si
or moistish; if sweating, when it takes place, is unequal; if
 venæ moventur non æquis intervallis. Ob quam causam
the veins are moved (pulsate) at unequal intervals. For which reason
 medicus debet residere neque in tenebris neque a
the physician ought to sit neither in the dark nor at
 capite ægri; sed illustri loco adversum eum, ut
the head of the patient; but in a lightsome place opposite him, that
 perspiciat omnes notas ex vultu quoque cubantis.
he may perceive all the marks from the countenance also of him lying down.
 Vero ubi fuit febris atque decrevit, oportet
But when there has been a paroxysm and it has declined, it behooveth
 expectare, num tempora ve alia partes corporis
to observe, whether the temples or other parts of the body
 paulum madescant, quæ testentur sudorem esse venturum:
become a little moist, which indicate that sweating is about to come on:
 ac si est qua nota, tunc demum dare calidam
and if there is any sign, then at length to give warm
 aquam potui; effectus cuius est salubris si diffundit
water for drink; the effect of which is salutary if it diffuses
 sudorem per omnia membra. Autem causâ hujus rei,
sweat through all parts. But for the sake of this object,
 æger debet continere manus sub satis multa
the patient ought to keep his hands under a sufficient quantity
 veste, que contegere crura que pedes eadem: quâ
of clothes, and to cover his legs and feet with the same: with which
 mole plerique male habent ægros in impetu ipso
weight many ill treat the sick in the height itself

est, qualis esse sanis solet: non protinus
 autem sub calore motique febrem esse concipere;
 sed ita, si summa quoque arida inæqualiter
 cutis est; si calor et in fronte est, et ex
 imis præcordiis oritur; si spiritus ex naribus
 cum fervore prorumpit; si color, aut rubore,
 aut pallore novo mutatus est; si oculi graves,
 et aut persicci, aut subhumidi sunt; si sudor,
 cum fit, inæqualis est; si venæ non æquis
 intervallis moventur. Ob quam causam medicus
 neque in tenebris, neque a capite ægri
 debet residere; sed illustri loco adversus eum,

ut omnes notas, ex vultu quoque cubantis
 perspiciat. Ubi vero febris fuit, atque decrevit,
 expectare oportet, num tempora, partesve
 corporis aliæ paulum madescant, quæ sudorem
 venturum esse testentur: ac si qua nota
 est, tunc demum dare potui calidam aquam;
 cuius salubris effectus est, si sudorem per
 omnia membra diffundit. Hujus autem rei
 causa, continere æger sub veste satis multa
 manus debet; eademque crura pedesque contegere:
 qua mole plerique ægros in ipso
 febris impetu, potissimeque ubi ardens ea est

febris, que potissime ubi ea est ardens. Si corpus
of the fever, and especially when it is ardent. If the body
 cœpit sudare, oportet tepefacere linteam, que paulatim
has begun to sweat, it behooves to warm a linen cloth, and gradually
 detergere singula membra. At ubi omnis sudor est finitus,
to wipe each limb. But when all sweating is ended,
 aut si is non venit, ubi, quam maxime potuit,
or if it has not come on, when, as far as could be,
 æger videtur esse idoneus cibo, est ungendus leniter
the sick seems to be fit for food, he is to be anointed gently
 sub veste, tum detergendus, deinde cibus dandus
under the clothing, then to be wiped, after that food to be given
 ei. Autem is, humidus, est aptissimus febricitantibus, aut
to him. But it, liquid, is most suitable for fever patients, or
 certe proximus quam humori; utique ex materiâ,
at least the nearest possible to liquid; likewise of matter,
 levissimâ quam, que maxime sorbitio; que ea, si
the lightest possible, and for the most part gruel; and it, if
 febres fuerint magnæ, debet esse tenuissima quam.
the paroxysms should be violent, ought to be the thinnest possible.
 Despumatam mel quoque recte adjicitur huic, quo corpus
Clarified honey also is rightly added to it, that the body
 magis nutriatur; sed si id offendit stomachum, est
may be more nourished; but if that offends the stomach, it is
 supervacuum; sicut quoque sorbitio ipsa. Vero in vicem ejus,
superfluous; as also the gruel itself. But in place of it,
 vel intrita (esca) (sc. parata) ex calidâ aquâ, vel elota alica, potest
either panada with warm water, or washed maize, may
 dari; si stomachus est firmus et alvus compressa, ex
be given; if the stomach is strong and the belly bound, with
 aquâ mulsâ; si vel ille languet, vel
hydromel (honey and water); if either the former is languid, or
 hæc profluit, ex poscâ. Et, quidem, id est
the latter is relaxed, with diluted vinegar. And, indeed, that is
 satis primo cibo. Vero aliquid potest adjici secundo,
enough for the first food. But something may be added to the second,
 tamen ex eodem genere materiæ, vel olus, vel conchylium,
still from the same kind of matter, either vegetables, or shell fish,
 vel pomum. Et dum febres quidem increscunt, hic
or orchard fruit. And whilst the fevers even are increasing, this
 cibus solus est idoneus, vero ubi aut desinunt aut
food alone is proper, but when either they terminate or

male habent. Si sudare corpus cœpit, linteam tepefacere oportet, paulatimque singula membra detergere. At ubi sudor omnis finitus est, aut si is non venit, ubi quam maxime potuit, idoneus esse cibo æger videtur, sub veste leniter ungendus est, tum detergendus, deinde ei cibus dandus. Is autem febricitantibus humidus est aptissimus, aut humori certe quam proximus: utique ex materia quam levissima, maximeque sorbitio; eaque, si magnæ febres fuerint, quam tenuissima esse debet. Mel quoque despumatam huic recte adjicitur, quo

corpus magis nutriatur: sed id, si stomachum offendit, supervacuum est; sicut ipsa quoque sorbitio. Dari vero in vicem ejus potest, vel intrita ex aqua calida, vel alica elota; si firmus est stomachus, et compressa alvus, ex aqua mulsâ; si vel ille languet, vel hæc profluit, ex poscâ. Et primo quidem cibo id satis est. Secundo vero aliquid adjici potest, ex eodem tamen genere materiæ, vel olus, vel conchylium, vel pomum. Et dum febres quidem increscunt, hic solus idoneus cibus est. Ubi vero aut desinunt, aut levantur, semper

levantur, incipiendum est, quidem, semper ab aliquo ex
are abated, we must begin, indeed, always with something from
 levissimâ materiâ, vero aliquid adjiciendum ex mediâ,
the lightest matter, but something is to be added from the middle (class),
 ratione habita subinde virium et hominis et
regard being had from time to time to the strength both of the man and
 morbi. Vero varii cibi, sicut Asclepiades præcepit,
of the disease. But various (kinds of) food, as Asclepiades has directed,
 sunt tum demum ponendi ægro, ubi urgetur
are then at length to be placed before the patient, when he is oppressed
 fastidio, neque vires sufficiunt satis; ut vitet
with loathing, nor do the strength suffice enough; that he may avoid
 famem, degustando paulum ex singulis. At si neque vis
hunger, by tasting a little of each. But if neither strength
 neque cupiditas deest, æger est sollicitandus nullâ
nor desire (for food) is wanting, the patient is to be enticed by no
 varietate; ne assumat plus quam concoquat. Neque est
variety; lest he take more than he can digest. Nor is that
 verum quod dicitur ab eo, varios cibos concoqui
true which is said by him, that various foods are digested
 facilius. Enim, eduntur facilius: autem genus et
more easily. Truly, they are eaten more easily: but the kind and
 modus materiæ pertinent ad concoctionem. Neque est tutum
quantity of the material tend to digestion. Nor is it safe
 ægrum impleri cibo, inter magnos dolores, neque morbo
that the sick be filled with food, during severe pains, nor the disease
 increscente; sed ubi valetudo est jam inclinata in melius.
increasing; but when his health is already inclined for the better.
 Aliæ observationes sunt quoque necessariae in febribus. Atque, quoque,
Other observations are also necessary in fevers. And, also,
 videndum est id quod solum quidam præciipiunt, (an) corpus
we must look to that which alone some direct, (whether) the body
 sit adstrictum an profluat (ad sudationem spectat); quorum alterum
be constricted or relaxed (sweats); of which the one
 strangulat, alterum digerit. Nam si est adstrictum,
suffocates, the other emaciates. For if it is constricted (perspiration suppressed),
 alvus est ducenda, urina movenda, sudor elliciendus omni
the belly is to be clystered, the urine promoted, sweating called forth by every
 modo. In hoc genere morborum etiam misisse sanguinem, concussisse
means. In this kind of diseases also to have let blood, to have shaken
 corpus vehementibus gestationibus, habuisse in lumine,
the body by violent gestations, to have kept it in the light,

quidem incipiendum est ab aliquo ex materia
 levissima, adjiciendum vero aliquid ex mediâ,
 ratione habita subinde et virium hominis, et
 morbi. Ponendi vero ægro varii cibi, sicut
 Asclepiades præcepit, tum demum sunt, ubi
 fastidio urgetur, neque satis vires sufficiunt;
 ut paulum ex singulis degustando, famem
 vitet. At si neque vis, neque cupiditas deest,
 nulla varietate sollicitandus æger est; ne
 plus assumat, quam concoquat. Neque verum
 est, quod ab eo dicitur, facilius concoqui cibos
 varios. Edunturenim facilius: ad concoctionem

autem materiæ genus et modus pertinent. Ne-
 que inter magnos dolores, neque increscente
 morbo, tutum est, ægrum cibo impleri; sed
 ubi inclinata jam in melius valetudo est.

Sunt aliæ quoque observationes in febribus
 necessariae. Atque id quoque videndum est,
 quod quidam solum præciipiunt, adstrictum
 corpus sit, an profluat; quorum alterum stran-
 gulat, alterum digerit. Nam si adstrictum
 est, ducenda alvus est, movenda urina, eli-
 ciendus omni modo sudor. In hoc genere
 morborum sanguinem etiam misisse, concus-

imperasse famem, sitim, vigiliam, prodest. Est etiam utile,
to have ordered fasting, thirst, watching, benefits. It is also serviceable,
 ducere in balneum, prius demittere in solium, tum ungere,
to lead into the bath, first to lower him into the solium, then to anoint,
 iterum redire ad solium, que fovere inguina multâ aquâ;
again to return to the solium, and to bathe the groins with much water;
 interdum, etiam, miscere oleum cum calidâ aquâ in solio;
sometimes, also, to mix oil with hot water in the solium
 uti cibo serius et rarius, tenui, simplici, molli, calido,
to use food later and less frequently, light, simple, soft, hot,
 exiguo; que maxime oleribus, qualiâ sunt lapathum, urtica,
sparing; and mostly vegetables, such as are burdock, nettles,
 malva; vel etiam jure concharum, ve musculorum, aut
mallows; or even the gravy of oysters, or of muscles, or
 locustarum; neque est caro danda nisi elixa. At potlio
lobsters; nor is flesh to be given unless boiled. But the drink
 debet esse magis liberalis et ante cibum et post hunc, et cum
ought to be more plentiful both before food and after it, and with
 hoc, ultra (eam) quam sitis coget. Que etiam pinguius aut
it, beyond what thirst shall require. And also a richer or
 dulcius vinum poterit dari a balneo: Græcum salsum (sc. vinum)
sweeter wine will (be able to) be given after the bath: Greek salt
 poterit interponi semel aut bis. Vero contra, si
will be interposed once or twice. But on the other hand, if
 corpus profluet, sudor erit coercendus,
the body shall sweat from relaxation, the sweating will be to be restrained,
 quies adhibenda; utendum tenebris, que somno quandocunque
rest to be used; he ought to use darkness, and sleep whenever
 volet; (est) non agitandum corpus nisi leni gestatione,
he shall wish; we ought not to exercise the body except by gentle gestation,
 et subveniendum pro genere mali. Nam si
and we must assist according to the nature of the disorder. For if
 venter fluit, aut si stomachus non continet, ubi
the belly is relaxed, or if the stomach does not retain, when
 febris decrevit, oportet dare tepidam aquam liberaliter
the paroxysm has abated, it is necessary to give warm water plentifully
 potui, et cogere vomere; nisi aut fauces, aut
for drink, and to force him to vomit; unless either the fauces, or
 præcordia, aut latus dolet, aut morbus est vetus. Vero
the præcordia, or the side is painful, or the disease is old. But
 si sudor exercet, cutis est duranda nitro, vel sale, quæ
if sweating troubles, the skin is to be hardened with nitre, or salt, which

sisse vehementibus gestationibus corpus, in lumine habuisse, imperasse famem, sitim, vigiliam prodest. Utile est etiam ducere in balneum, prius demittere in solium, tum ungere, iterum ad solium redire, multaue aqua fovere inguina; interdum etiam oleum in solio cum aqua calida miscere; uti cibo serius et rarius, tenui, simplici, molli, calido, exiguo; maximeque oleribus, qualiâ sunt, lapathum, urtica, malva; vel jure etiam concharum, musculorumve, aut locustarum: neque danda caro, nisi elixa, est. At potio esse debet magis liberalis, et ante cibum, et post hunc, et cum hoc,

ultra quam sitis coget: poteritque a balneo etiam pinguius, aut dulcius dari vinum; poterit semel, aut bis interponi Græcum salsum. Contra vero, si corpus profluet, sudor coercendus, quies adhibenda erit; tenebris, somnoque, quandocunque volet, utendum; non nisi leni gestatione corpus agitandum, et pro genere mali subveniendum. Num si venter fluit, aut si stomachus non continet, ubi febris decrevit, liberaliter oportet aquam tepidam potui dare, et vomere cogere; nisi aut fauces, aut præcordia, aut latus dolet, aut vetus morbus est. Si vero sudor exercet, duranda cutis est nitro,

miscentur cum oleo: ac si id vitium est levius, corpus (est) ungendum oleo; si vehementius, rosâ, vel melino, vel myrteo, cui austerum vinum sit adjectum. Autem quisquis est æger fluore, cum venit in balneum, est prius ungendus, deinde demittendus in solium. Si vitium est in cute, utetur quoque frigidâ melius quam calidâ aquâ. in the skin, he will use also cold better than hot water.

Ubi ventum est (impers.) ad cibum, is (cibus) debet dari valens, When it is come to food, it ought to be given strong, frigidus, siccus, simplex, qui possit corrumpi minime quam, cold, dry, simple, which can be corrupted the least possible, tostus panis, assa caro, austerum vinum, vel certe subausterum; toasted bread, roasted flesh, rough wine, or at least roughish; si venter profuit, calidum; si sudores nocent, ve vomitus if the belly is relaxed, hot; if sweatings hurt, or vomitings sunt, frigidum. are present, cold.

CAP. VII.

CHAP. VII.

Curatio	pestilentium	Febrium.
Cure	of pestilential	Fevers.

1. Casus etiam The case also	pestilentie in of pestilence in	febris fevers	desiderat requires	propriam special
animadversionem. consideration.	In hac (sc. pestilentia) In this	est it is	minime by no means	utile advantageous
uti aut to employ either	fame aut fasting or	medicamentis, aut medicines, or	ducere to clyster	alvum. the belly.
Si vires If the strength	sinunt, mittere permit, to let	sanguinem est blood is	optimum; que best; and	præcipue especially
si febris est if the fever is (attended)	cum dolore: with pain:	si id est if that is	parum tutum, not safe,	
ubi febris when the accession	levata est, has been abated,	purgare to cleanse	pectus vomitu. the chest by vomiting.	Sed But

vel sale, quam cum oleo miscentur: ac si levius id vitium est, oleo corpus ungendum; si vehementius, rosa, vel melino, vel myrteo, cui vinum austerum sit adjectum. Quisquis autem fluore æger est, cum venit in balneum, prius ungendus, deinde in solium demittendus est. Si in cute vitium est, frigida quoque, quam calida aqua melius utetur. Ubi ad cibum ventum est, dari debet is valens, frigidus, siccus, simplex, qui quam minime corrumpi possit, panis tostus, caro assa, vinum austerum, vel

certe subausterum; si venter profuit, calidum; si sudores nocent, vomitusve sunt, frigidum.

CAP. VII. — Febrium pestilentium Curatio. — 1. DESIDERAT etiam propriam animadversionem in febris pestilentie casus. In hac minime utile est, aut fame, aut medicamentis uti, aut ducere alvum. Si vires sinunt, sanguinem mittere optimum est; præcipueque, si cum dolore febris est: si id parum tutum est, ubi febris levata est, vomitu pectus purgare.

est opus ducere in balneum maturius in hoc quam in aliis
it is necessary to lead into the bath earlier in this than in other
 morbis; dare calidum et meracius vinum, et omnia
diseases; to give hot and purer wine, and all things
 glutinosa: inter quæ carnem quoque ejusdem generis. Nam
glutinous: among which flesh also of the same kind. For
 quo celerius tempestates ejusmodi corripiunt, eo maturius
the more quickly pestilential attacks of this sort seize, the earlier
 sunt auxilia rapienda, etiam cum quâdam temeritate. Quod
are remedies to be caught at, even with a degree of rashness. But
 si est puer qui laborat, neque est ejus robur tantum ut
if it is a child who suffers, nor is his strength so great that
 sanguis possit mitti, utendum est cucurbitulis ei; alvus
blood can be let, we must apply the cupping-glasses to him; the belly
 ducenda vel aquâ vel cremore ptisanæ; tum demum
to be clystered either by water or by the cream of ptisanæ; then at length
 (est) nutriendus levibus cibis. Et pueri debent non
(he is) to be supported by light foods. And children ought not
 curari ex toto sic ut viri. Ergo, ut in quoque alio
to be treated altogether like as men. Therefore, as in every other
 genere morborum, est agendum parcior in his; non
kind of diseases, we must deal more tenderly with them; not
 facile mittere sanguinem, non facile ducere alvum, non cruciare
readily to let blood, not readily to clyster the belly, not to tease
 vigiliâ ve fame, aut nimia siti; non curare vino.
with waking or fasting, or too much thirst; not to treat by wine.
 Vomitus post febrem est eliciendus; deinde cibus ex
Vomiting after an accession is to be provoked; afterwards food of
 levissimis dandus; tum is dormiat; que postero die, si
the lightest to be given; then he should sleep; and on the next day, if
 febris manet, abstinenceatur; tertio redeat ad
the accession continue, he should be restrained; on the third he should return to
 similem cibum. Que opera est danda, quantum potest fieri,
similar food. And pains is to be taken, as far as can be done,
 ut, inter opportunam abstinentiam que opportunos cibos, cæteris
that, between seasonable abstinence and seasonable foods, other things
 omissis, nutriatur.
being omitted, he be supported.

2. Vero si ardens febris extorret, nulla potio medicamenti est
But if an ardent ever parches, no potion of medicine is
 danda; sed est refrigerandus in accessionibus ipsis
to be given; but he is to be cooled in the accessions themselves

Sed in hoc maturius, quam in aliis morbis, ducere in balneum opus est; vinum calidum, et meracius dare, et omnia glutinosa; inter quæ carnem quoque generis ejusdem. Nam quo celerius ejusmodi tempestates corripiunt, eo maturius auxilia, etiam cum quadam temeritate, rapienda sunt. Quod si puer est, qui laborat, neque tantum robur ejus est, ut sanguis mitti possit, cucurbitulis ei utendum est; ducenda alvus vel aqua, vel ptisanæ cremore; tum demum levibus cibis nutriendus. Et ex toto non sic pueri, ut viri, curari debent. Ergo,

in alio quoque genere morborum, parcior in his agendum est; non facile sanguinem mittere, non facile ducere alvum, non cruciare vigiliâ, fameve, aut nimia siti, non vino curare. Vomitus post febrem eliciendus est: deinde dandus cibus ex levissimis; tum is dormiat; posteroque die, si febris manet, abstinenceatur; tertio, ad similem cibum redeat. Dandaque opera est, quantum fieri potest, ut inter opportunam abstinentiam cibosque opportunos, omissis cæteris, nutriatur.

2. Si vero ardens febris extorret, nulla medi-

oleo et aquâ; quæ sunt miscenda manu, donec
with oil and water; which are to be mixed with the hand, until
 albescent: (est) tenendus eo conclavi, quo possit trahere
they become white: (he is) to be kept in that chamber, in which he can breathe
 multum et purum aërem; neque strangulandus multis
much and pure air; nor to be suffocated with many
 vestimentis, sed velandus tantum admodum levibus. Etiam
clothes, but to be covered only with very light ones. Also
 folia vitis tincta in frigidâ aquâ possunt imponi super
leaves of the vine steeped in cold water may be placed upon
 stomachum. Ac est ne vexandus quidem nimia siti.
the stomach. And he is not to be teased even with too great thirst.
 Est alendus maturius, id est a tertio die, et
He is to be supported earlier, that is from the third day, and
 perungendus ante cibum iisdem. Si pituita
to be anointed before food with the same (oil and water). If phlegm
 colit in stomacho, accessione jam inclinât, est
has collected in the stomach, the accession being now inclined, he is
 cogendus vomere; tum frigidum olus, aut pomum ex
to be forced to vomit; then cold vegetables, or orchard fruit from
 iis quæ conveniunt stomachum dandum. Si stomachus
those which agree with the stomach ought to be given. If the stomach
 manet siccus, protinus cremor vel ptisanæ, vel alicæ, vel
continue dry, immediately cream either of ptisan, or of maize, or
 oryzæ, est dandus, cum quo recens adeps cocta sit.
of rice, is to be given, with which fresh lard has been boiled.
 Vero cum morbus est in summo incremento, utique
But when the disease is at its greatest height (acme), certainly
 non ante quartum diem, magnâ siti antecedente, frigida aqua
not before the fourth day, great thirst preceding, cold water
 est præstanda copiose, ut bibat etiam ultra satietatem;
is to be given abundantly, that he may drink even beyond satiety;
 et cum jam venter et præcordia sunt repleta ultra
and when now the belly and the præcordia has been filled beyond
 modum, que satis refrigerata, debet vomere. Quidam quidem
due bounds, and sufficiently cooled, he ought to vomit. Some indeed
 ne exigunt vomitum; sed utuntur tantum frigidâ aquâ ipsâ,
do not require a vomit; but use only the cold water itself,
 datâ ad satietatem, pro medicamento. Ubi utrumlibet factum est,
given to satiety, for a medicine. When either has been done,
 est operiendus multâ veste, et collocandus ut
he is to be covered with plenty of clothing, and to be placed so that

camenti danda potio est; sed in ipsis acces-
 sionibus oleo et aqua refrigerandus est, quæ
 miscenda manu sunt, donec albescent; eo
 conclavi tenendus, quo possit trahere
 aërem; neque multis vestimentis
 strangulandus, sed admodum levibus tantum
 velandus est. Possunt etiam super stomachum
 imponi folia vitis in aqua frigida tincta. Ac
 ne siti quidem nimia vexandus est. Alendus
 maturius est, id est, a die tertio; et ante cibum
 iisdem perungendus. Si pituita in stomacho
 colit, inclinata jam accessione, vomere cogen-
 dus est; tum dandum frigidum olus, aut po-

mum, ex iis, quæ stomacho conveniunt. Si
 siccus manet stomachus, protinus vel ptisanæ,
 vel alicæ, vel oryzæ cremor, dandus est, cum
 quo recens adeps cocta sit. Cum vero in sum-
 mo incremento morbus est, utique non ante
 quartum diem, magna siti antecedente, frigida
 aqua copiose præstanda est, ut bibat etiam
 ultra satietatem; et cum jam venter et præ-
 cordia ultra modum repleta, satisque refrige-
 rata sunt, vomere debet. Quidam ne vomitum
 quidem exigunt; sed ipsa aqua frigida tantum,
 ad satietatem data, pro medicamento utuntur.
 Ubi utrumlibet factum est, multa veste operi-

dormiat; que fere post longam sitim et vigiliam, post
he may sleep; and generally after long thirst and watching, after
 multam satietatem, post infractum calorem, plenus somnus venit,
much satiety, after abated heat, a sound sleep comes on,
 per quem ingens sudor effunditur; que id est
during which copious sweat is poured forth; and that (circumstance) is
 præsentissimum auxilium: sed in iis, tamen, in quibus præter
the most effectual relief: but in those, however, in whom besides
 calorem, (sunt) nulli dolores, nullus tumor præcordiorum; nihil
the heat, (there are) no pains, no swelling of the præcordia; nothing
 prohibens vel in thorace, vel in pulmone, vel in faucibus;
prohibiting either in the thorax, or in the lungs, or in the fauces,
 fuit non ulcus, non dejectio, non profluvium alvi.
there has been no ulcer, no purging, no profluvium of the belly.
 Autem si quis in febre hujusmodi, tussit leviter, neque
But if a person in a fever of this sort, coughs slightly, neither
 is conflictatur vehementi siti, neque debet bibere frigidam
should he be troubled with violent thirst, nor ought he to drink cold
 aquam, sed est curandus eo modo quo præcipitur in
water, but is to be treated in that manner in which it is ordered in
 ceteris febribus.
other fevers.

CAP. VIII.

CHAP. VIII.

Curatio Semitertianæ.
 Cure of a Semitertian.

Aut ubi est id genus tertianæ, quod medici appellant	Or when it is that kind of tertian, which physicians name
ἡμικριταίων (hemitritiaion),	est opus magnâ curâ, ne id
semitertian,	there is need of greater care, lest it
fallat.	Enim habet plerumque frequentiores accessiones et
deceive.	For it has generally more frequent accessions and
decessiones, ut possit videri aliud genus morbi; que	remissions, so that it may seem another kind of disease; and
febris porrigitur inter viginti quatuor et triginta sex	the paroxysm is prolonged to between twenty four and thirty six
horas; ut, quod est idem, videatur esse non idem.	hours; so that, what is the same, may seem to be not the same.

endus est, et collocandus, ut dormiat. Fere-
 que post longam sitim et vigiliam, post mul-
 tam satietatem, post infractum calorem, ple-
 nus somnus venit, per quem ingens sudor
 effunditur; idque præsentissimum auxilium
 est: sed in iis tamen, in quibus præter ardo-
 rem, nulli dolores, nullus præcordiorum tu-
 mor; nihil prohibens, vel in thorace, vel in
 pulmone, vel in faucibus; non ulcus, non dejec-
 tio, non profluvium alvi fuit. Si quis autem in
 hujusmodi febre leviter tussit, is neque vehe-

menti siti conflictatur, neque bibere aquam
 frigidam debet; sed eo modo curandus est, quo
 in ceteris febribus præcipitur.

CAP. VIII.—*Semitertianæ Curatio.*—AUT ubi
 id genus tertianæ est quod ἡμικριταίων medici
 appellant, magna cura opus est, ne id fallat.
 Habet enim plerumque frequentiores accessio-
 nes decessionesque, ut aliud morbi genus
 videri possit: porrigiturque febris inter horas
 viginti quatuor, et triginta sex; ut, quod idem

Et est magnopere necessarium, cibum neque dari nisi
And it is essentially necessary, that food neither be given except
 in eâ remissione quæ est vera (remissio); et ubi ea
in that remission which is the true one; and when it
 venit, dari protinus: que plurimi moriuntur subito
arrives, that it be given immediately; and many die suddenly
 sub alterutro errore curantis. Ac nisi aliqua res
under one or other error of the person treating. And unless some thing
 magnopere prohibet, sanguis debet mitti inter
(circumstance) particularly prohibits, blood ought to be let at the
 initium; tum cibus (debet) dari, qui neque incitet
commencement; then food to be given, which neither can increase
 febrem, et tamen sustineat longum spatium ejûs.
the paroxysm, and still may sustain the long duration of it.

CAP. IX.

CHAP. IX.

Curatio lentarum Febrim.
 The Cure of slow Fevers.

Nonnunquam lentæ febres etiam tenent corpus sine ullâ
Sometimes slow fevers also hold the body without any
 remissione; ac est locus neque cibo, neque ulli remedio.
remission; and there is time neither for food, nor for any remedy.
 In hoc casu cura medici debet esse ut mutet
In this case the care of the physician ought to be to change (that he may
 morbum: enim fortasse fiet opportunior curationi.
change) the disease: for perhaps it will become more fitted for cure.
 Igitur corpus ejûs est pertractandum sæpe ex frigidâ
Therefore the body of him (patient) is to be handled often with cold
 aquâ cui oleum adjectum sit, quoniam interdum sic evenit,
water to which oil has been added, because sometimes it thus happens,
 ut horror oriatur, et quoddam initium novi motûs
that shivering arise, and some beginning of a new action
 fiat; que ex eo, cum corpus magis incaluit, remissio
take place; and from that, when the body has grown hotter, a remission
 etiam sequatur. In his, frictio quoque ex oleo et sale
may follow. In these, friction also with oil and salt
 videtur salubris. At si est frigus diu, et torpor,
seems salutary. But if there is cold for a long time, and torpor,

est, non idem esse videatur. Et magnopere necessarium est, neque dari cibum, nisi in ea remissione, quæ vera est; et ubi ea venit, protinus dari: plurimique sub alterutro curantis errore subito moriuntur. Ac, nisi magnopere aliqua res prohibet, inter-initia sanguis mitti debet; tum dari cibus, qui neque incitet febrem, et tamen longum ejus spatium sustineat.

sione corpus tenent; ac neque cibo, neque ulli remedio locus est. In hoc casu medici cura esse debet, ut morbum mutet: fortasse enim curationi opportunior fiet. Sæpe igitur ex aqua frigida, cui oleum sit adjectum, corpus ejus pertractandum est, quoniam interdum sic evenit, ut horror oriatur, et fiat initium quoddam novi motus; exque eo, cum magis corpus incaluit, sequatur etiam remissio. In his frictio quoque ex oleo et sale salubris videtur. At si diu frigus est, et torpor, et jactatio corporis,

CAP. IX.—*Lentarum Febrim Curatio.*—NONNUNQUAM etiam lentæ febres sine ulla remis-

et jactatio corporis, est non alienum dare tres aut quatuor
and jactation of the body, it is not improper to give three or four
 cyathos mulsi in febre ipsâ, vel bene dilutum vinum
glasses of honied wine during the paroxysm itself, or well diluted wine
 cum cibo. Enim sæpe febris intenditur ex eo; et major
with the food. For often the fever is increased by it; and greater
 calor ortus simul et tollit priora
heat (having) arisen at the same time both carries off the former
 mala, et ostendit spem remissionis que curationis in
bad symptoms, and holds out the hope of a remission and of cure in
 eâ (sc. remissione). Neque hercules est ista curatio nova,
it. Nor truly is that (method of) treatment new,
 quâ nunc quidam interdum sanant contrariis remediis
by which even now some sometimes heal by contrary remedies
 ægros traditos sibi, qui trahebantur sub cautiore
patients delivered to them, who were treated under more cautious
 medicis. Siquidem apud antiquos quoque, ante
physicians. Since among the ancients also, before
 Herophilum et Erasistratum, que maxime post Hippocratem,
Herophilus and Erasistratus, and especially after Hippocrates,
 fuit quidam Petro, qui ubi acceperat hominem
there was a certain Petro, who when he had received a person
 febricitantem, operiebat multis vestimentis, ut simul
suffering from fever, covered him with much clothing, so that at the same time
 excitaret ingentem calorem que sitim. Deinde ubi febris
he excited great heat and thirst. Then when the fever
 cœperat remitti paulum, dabat frigidam aquam potui; ac
had begun to be remitted a little, he gave cold water for drink; and
 si moverat sudorem, judicabat se explicuisse ægrum; si
if he had excited sweating, he judged that he had relieved the patient; if
 non moverat, ingerebat etiam plus frigidæ aquæ, et tum
he had not excited it, he ingested even more (of) cold water, and then
 cogebat vomere. Si liberaverat (eum) febre alterutro
he forced him to vomit. If he had freed him from fever by one or other
 modo, protinus dabat assam suillam et vinum homini; si
method, he immediately gave roast pork and wine to the man; if
 non liberaverat, decoquebat aquam, sale adjecto, que cogebat
he had not freed him, he boiled water, salt being added, and forced him
 bibere eam, ut movendo ventrem purgaret. Et intra
to drink it, that by moving the belly he might cleanse him. And within
 hæc omnis ejus medicina erat; que ea fuit non minus
these things all his medicine was; and it was not less

non alienum est, in ipsa febre dare mulsi tres
 aut quatuor cyathos, vel cum cibo vinum bene
 dilutum. Intenditur enim sæpe ex eo febris;
 et major ortus calor simul et priora mala tol-
 lit, et spem remissionis, inque ea curationis
 ostendit. Neque, hercules, ista curatio nova
 est, quæ nunc quidam traditos sibi ægros, qui
 sub cautiore medicis trahebantur, interdum
 contrariis remediis sanant. Siquidem apud
 antiquos quoque ante Herophilum et Erasistratum,
 maximeque post Hippocratem fuit
 Petro quidam, qui febricitantem hominem ubi

acceperat, multis vestimentis operiebat, ut
 simul calorem ingentem, sitimque excitaret:
 deinde, ubi paulum remitti cœperat febris,
 aquam frigidam potui dabat; ac, si moverat
 sudorem, explicuisse se ægrum judicabat; si
 non moverat, plus etiam aquæ frigidæ ingere-
 bat, et tum vomere cogebat. Si alterutro modo
 febre liberaverat, protinus suillam assam, et
 vinum homini dabat: si non liberaverat, deco-
 quebat aquam sale adjecto, eamque bibere co-
 gebat, ut movendo ventrem purgaret. Et intra
 hæc omnis ejus medicina erat: eaque non minus

grata iis quos successores Hippocratis non refecerant,
 greable to those whom the successors of Hippocrates had not recovered,
 quam est nunc iis quos tractos diu, æmuli
 than it is now to those whom treated for a long time, the follower
 Herophili et Erasistrati non expedierunt. Neque est ista
 of Herophilus and of Erasistratus have not relieved. Nor is that
 medicina non ideo temeraria tamen; quia interimit
 treatment not therefore rash notwithstanding; because it kills
 plures, si excepit protinus a principiis. Sed, cum
 many, if it has taken them immediately from the beginnings. But, since
 eadem possint non convenire omnibus, quos ratio non
 the same things cannot suit all, whom reason has not
 restituit, temeritas fere adjuvat. Que ideo medici
 restored, rashness frequently assists. And therefore physicians
 ejusmodi nutriunt alienos ægros melius quam suos.
 of that sort diet other men's patients more happily than their own.
 Sed est quoque circumspecti hominis et novare interdum,
 But it is the part also of a prudent man both to change sometimes,
 et augere morbum, et accendere febres; quia ubi id
 and to increase the disease, and to heighten fevers; because when that
 quod est non recipit curationem, id quod est futurum
 which is present does not admit of cure, that which is about to happen
 potest recipere.
 may admit of it.

CAP. X.

CHAP. X.

Topica Remedia in Febre.
 Topical Remedies in Fever.

Etiā considerandum est, ne febres sint solæ, an
 Also we ought to consider, whether the fevers be alone (simple), or
 alia mala quoque accedant his; id est, num
 other maladies also be added to them; that is, whether
 caput doleat, num lingua (sit) aspera, num
 the head be painful, whether the tongue (be) rough, whether
 præcordia sint intenta. Si sunt dolores capitis, oportet
 the præcordia be tense, If there are pains of the head, it is necessary
 miscere rosam cum aceto, et ingerere in id: deinde
 to mix rose oil with vinegar, and to throw it upon (apply it to) it: then

grata fuit iis, quos Hippocratis successores non refecerant, quam nunc est iis, quos Herophili vel Erasistrati æmuli diu tractos non expedierunt. Neque ideo tamen non est temeraria ista medicina; quia plures, si protinus a principiis excepit, interimit. Sed cum eadem omnibus convenire non possint, fere, quos ratio non restituit, temeritas adjuvat. Ideoque ejusmodi medici melius alienos ægros, quam suos, nutriunt. Sed est circumspecti

quoque hominis, et novare interdum, et augere morbum, et febres accendere; quia curationem, ubi id, quod est, non recipit, potest recipere id, quod futurum est.

CAP. X. — *Remedia topica in Febre.* — CONSIDERANDUM est etiā, febresne solæ sint, an alia quoque his mala accedant; id est, num caput doleat, num lingua aspera, num præcordia intenta sint. Si capitis dolores sunt, rosam cum

habere duo pittacia, quæ æquent longitudinem que latitudinem
to have two cloths, which should equal the length and breadth
frontis; habere, invicem, alterum ex his in aceto
of the forehead; to have, by turns, the one of these in the vinegar
et rosâ, alterum in fronte; aut imponere succidam
and rose oil, the other on the forehead; or to put on juicy
lanam intinctam in iisdem. Si acetum offendit, utendum est
wool steeped in the same. If the vinegar offends, we must use
purâ rosâ; si rosa ipsa lædit, acerbio oleo. Si
pure rose oil; if the rose oil itself is unpleasant, bitter oil. If
ista juvant parum, vel arida iris, vel amaræ nuces, vel
these things benefit little, either dried orris, or bitter walnuts, or
quælibet herba ex refrigerantibus potest teri: quidlibet quorum
any herb of the refrigerants may be bruised: any one of which
impositum ex aceto, minuit dolorem; sed aliud
put on out of (with) vinegar, lessens the pain; but a different one
magis in alio. Panis etiam injectus cum papavere, vel
more in a different person. Bread also applied with poppy, or
cum rosâ, cerussâ, ve spumâ argenti, juvat. Quoque olfacere
with rose oil, white lead, or litharge, benefits. Also to smell
vel serpyllum vel anethum est non alienum. At si est
either thyme or dill is not foreign (to the purpose). But if there is
inflammatio et dolor in præcordiis, reprimantia cataplasmata sunt
inflammation and pain in the præcordia, restraining cataplasms are
primo superimponenda; ne, si fuerint calidiora, plus
first to be placed over (the parts); lest, if they should be hotter, more
materiæ concurrat eo; deinde ubi prima inflammatio remisit
matter may collect there; afterwards when the first inflammation has remitted
se, tunc demum veniendum est ad calida et humida; ut
itself, then at length we must have recourse to hot and moist ones; to
discutiant ea quæ remanserunt. Vero notæ inflammationis
disperse those things which have remained. But the signs of inflammation
sunt quatuor, rubor, et tumor, cum calore et dolore. Quo
are four, redness, and swelling, with heat and pain. The
magis Erasistratus erravit, qui dixit esse nullam febrem
more has Erasistratus erred, who said that there was no fever
sine hac. Ergo, si est dolor sine inflammatione,
without it. Therefore, if there is pain without inflammation,
nihil est imponendum: enim febris ipsa statim solvet
nothing is to be applied: for the fever itself will immediately remove
hunc. At si est neque inflammatio neque febris, sed tantum
it. But if there is neither inflammation nor fever, but only

aceto miscere oportet, et in id ingerere: deinde habere duo pittacia, quæ frontis latitudinem, longitudinemque æquent; ex his invicem alterum in aceto et rosa habere, alterum in fronte; aut intinctam iisdem lanam succidam imponere. Si acetum offendit, pura utendum est; si rosa ipsa lædit, oleo acerbio. Si ista parum juvant, teri potest vel iris arida, vel nuces amaræ, vel quælibet herba ex refrigerantibus: quorum quidlibet ex aceto impositum, dolorem minuit; sed magis aliud in alio. Juvat etiam panis cum papavere injectus; vel cum rosa, cerussa, spumave argenti. Olfacere quoque vel serpyl-

lum, vel anethum, non alienum est. At si in præcordiis inflammatio et dolor est, primo superimponenda sunt cataplasmata reprimantia; ne, si calidiora fuerint, plus eo materiæ concurrat; deinde, ubi prima inflammatio se remisit tunc demum ad calida et humida veniendum est; ut ea, quæ remanserunt, discutiant. Notæ vero inflammationis sunt quatuor, rubor, et tumor, cum calore et dolore. Quo magis erravit Erasistratus, qui febrem nullam sine hac esse dixit. Ergo si sine inflammatione dolor est, nihil imponendum est: hunc enim statim ipsa febris solvet. At si

dolor præcordiorum, licet (sc. nobis) protinus uti calidis et
 pain of the præcordia, we may immediately use hot and
 siccis fomentis. Vero si lingua est sicca et scabra, est
 dry fomentations. But if the tongue is dry and furred, it is
 primum detergenda penicillo ex calidâ aquâ: deinde ungenda
 first to be wiped with a sponge out of warm water: then to be anointed
 rosa et melle mixtis inter se. Mel
 with rose oil and honey mixed among themselves (together). The honey
 purgat, rosa reprimat, que simul non sinit
 cleanses, the rose oil restrains, and at the same time does not permit it
 siccescere. At si est non scabra, sed arida, ubi deterga est
 to grow dry. But if it is not furred, but dry, when it has been wiped
 penicillo, debet ungi rosâ, cui paulum ceræ
 with the sponge, it ought to be anointed with rose oil, to which a little wax
 adjectum sit.
 has been added.

CAP. XI.

CHAP. XI.

Remedia contra Frigus.
 Remedies against Cold.

Frigus etiam solet esse ante febres; que vel
 Cold also is accustomed to be before (to precede) fevers; and even
 id est molestissimum genus morbi. Ubi id exspectatur,
 that is a very troublesome kind of disease. When that is expected,
 æger est prohibendus omni potione: enim hæc data paulo
 the patient is to be prohibited from all drink: for this given a little
 ante adjicit multum malo. Item est tegendus maturius
 before adds much to the evil. Also he is to be covered earlier
 multâ veste: sicca et calida fomenta admovenda iis
 with much clothing: dry and hot fomentations are to be applied to those
 partibus, pro quibus metuimus, sic vehementissimi calores ne
 parts, for which we fear, so that the most intense heats do not
 statim incipiant, sed increscant paulatim; et partes quoque
 immediately commence, but increase gradually; those parts also
 sunt perfricandæ manibus unctis ex vetere oleo, que aliquid
 are to be rubbed by the hands anointed with old oil, and some one
 ex calificantibus adjiciendum ei: que quidam medici sunt contenti
 of the califiacients to be added to it: and some physicians are content

neque inflammatio, neque febris, sed tantum præcordiorum dolor est, protinus calidis et siccis fomentis uti licet. Si vero lingua sicca et scabra est, detergenda primum penicillo est ex aqua calida: deinde ungenda mixtis inter se rosa et melle. Mel purgat, rosa reprimat, non est, sed arida, ubi penicillo deterga est, ungi rosa debet, cui ceræ paulum sit adjectum.

CAP. XI.—*Remedia contra Frigus.*—SOLET etiam ante febres esse frigus; idque vel molestis-

simum morbi genus est. Ubi id exspectatur, omni potione prohibendus æger est: hæc enim paulo ante data, multum malo adjicit. Item maturius veste multa tegendus est: admovenda partibus iis, pro quibus metuimus, sicca et calida fomenta, sic, ne statim vehementissimi calores incipiant, sed paulatim increscant: perfricandæ quoque eæ partes manibus unctis ex vetere oleo sunt, eique adjiciendum aliquid ex calefacientibus; contentique medici quidam una frictione, etiam ex quolibet oleo, sunt. In harum febrium remissionibus non-

unā frictione, ex etiam quolibet oleo. In remissionibus
with a single friction, with even any oil. In the remissions
 harum febrium nonnulli dant tres aut quatuor cyathos sorbitionis,
of these fevers some give three or four cups of gruel,
 febre etiamnum manente: deinde, ea bene finita, reficiunt
the fever even as yet remaining: then, it being well ended, they refresh
 stomachum frigido et levi cibo. Ego puto hoc tum
the stomach with cold and light food. I think that this ought then
 tentandum, cum cibus datus semel, et post febrem, prodest parum.
to be tried, when food given once, and after the fever, avails little.
 Sed prospiciendum est curiose, tempus remissionis ne
But we must look out carefully, that the time of the remission do not
 decipiat: enim sæpe quoque in hoc genere valetudinis febris
deceive (us): for often also in this kind of ill health the fever
 videtur jam minui, et rursus intenditur. Itaque
seems now to be diminished, and again is increased. Therefore
 credendum est ei remissioni, quæ etiam immoratur et minuit
we must trust that remission, which also continues and diminishes
 jactationem, quæ quandam fœtorem oris, quem Græci
the jactation, and a certain fetor of the mouth, which the Greeks
 vocant ὄζην (ozen). Illud satis convenit, si accessiones
call ozæna. This is sufficiently agreed upon, if the accessions
 sunt quotidie pares, parvum cibum (esse) dandum quotidie;
are daily similar, that a little food (is) to be given daily;
 si impares, cibum (esse dandum) post graviorem; aquam-mulsam,
if dissimilar, that food (is to be given) after the more severe; hydromel,
 post leviozem.
after the lighter.

CAP. XII.

CHAP. XII.

Curatio Horroris.
The Cure of Shivering.

Autem horror fere antecedit eas febres, quæ habent
But shivering generally precedes those fevers, which have
 certum circuitum, et remittuntur ex toto; quæ sunt ideo
a certain period, and are remitted entirely; and they are on that account
 tutissimæ, quæ maxime admittant curationes. Nam ubi tempora
safest, and mostly admit of cures. For when the periods

nulli tres aut quatuor sorbitionis cyathos, etiamnum manente febre, dant; deinde, ea bene finita, reficiunt stomachum cibo frigido et levi. Ego tum hoc puto tentandum, cum parum cibus, semel et post febrem datus, prodest. Sed curiose prospiciendum est, ne tempus remissionis decipiat: sæpe enim in hoc quoque genere valetudinis jam minui febris videtur, et rursus intenditur. Itaque ei remissioni credendum est, quæ etiam immoratur, et jactationem, fœtoremque quandam oris, quem Græci vocant, minuit. Illud satis conve-

nit, si quotidie pares accessiones sunt, quotidie parvum cibum dandum; si impares, post graviorem, cibum; post leviozem, aquam mulsam.

CAP. XII.—*Horroris Curatio.*—HORROR autem eas fere febres antecedit, quæ certum habent circuitum, et ex toto remittuntur; ideoque tutissimæ sunt, maximeque curationes admittunt. Nam ubi incerta tempora sunt, neque alvi ductio, neque balneum, neque vinum, neque medicamentum aliud recte datur. In-

sunt incerta, neque ductio alvi, neque balneum, neque vinum, neque
are uncertain, neither clystering, nor the bath, nor wine, nor
 aliud medicamentum datur recte. Enim est incertum quando
any (other) medicine is given rightly. For it is uncertain when
 febris ventura sit: ita potest fieri, ut, si venerit
the accession will come on: so it may happen, that, if it should come on
 subito, summa perniciēs sit in eo, quod inventum est
suddenly, the greatest injury may be in that, which has been devised
 causā auxilii. Que nihil aliud potest fieri, quam ut
for the sake of aid. And nothing else can be done, than that
 æger bene absterneatur primis diebus; deinde, sub
the patient be thoroughly restrained on the first days; then, at the
 decessu ejus febris, quæ est gravissima, (ut) sumat cibum.
departure of that paroxysm, which is the worst, (that) he take food.
 At ubi circuitus est certus, omnia illa tentantur facilius:
But when the period is certain, all these things are attempted more easily:
 quia magis possumus proponere nobis vices et
because we are better able to propose to ourselves the periods both
 accessionum et decessionum. Autem in his, cum
of the accessions and remissions. But in these, when
 inveteraverunt, fames est non utilis: pugnandum est
they have inveterated, abstinence is not serviceable: we must oppose
 eā (sc. fame) primis diebus tantummodo; deinde curatio est
by it on the first days only; then the treatment is
 dividenda, et ante horror, tum febris discutienda.
to be divided, and first the shivering, then the fever is to be shaken off.
 Igitur cum aliquis primum inhorruit, et incaluit ex
Therefore when any one has first shivered, and has become hot after
 horrore, oportet dare ei tepidam subsalsam aquam
the shivering, it is necessary to give to him warm saltish water
 potui, et cogere eum vomere: nam talis horror fere oritur
for drink, and to force him to vomit: for such shivering mostly arises
 ab iis quæ resederunt biliosa in stomacho. Idem
from those (things) which have settled bilious upon the stomach. The same
 est faciendum, si accessit æque quoque proximo circuitu: enim
is to be done, if it has come on alike also at the next period: for
 sic sæpe discutitur. Que jam licet (sc. nobis) scire, quod
thus often it is shaken off. And now we may know, what
 genus febris sit. Itaque sub expectatione proximæ
kind of fever it is. Therefore in the expectation of the next
 accessionis, quæ, tertia potest instare, est deducendus
paroxysm, which, as the third may be at hand, he is to be led down

certum est enim, quando febris ventura sit: ita fieri potest, ut, si subito venerit, summa in eo perniciēs sit, quod auxilii causa sit inventum. Nihilque aliud fieri potest, quam ut primis diebus bene absterneatur æger; deinde, sub decessu febris ejus, quæ gravissima est, cibum sumat. At ubi certus circuitus est, facilius omnia illa tentantur; quia magis proponere nobis et accessionum et decessionum vices possumus. In his autem, cum inveteraverunt, utilis fames non est: primis tantummodo diebus ea pugnandum est; deinde dividenda cu-

ratio est, et ante horror, tum febris discutienda. Igitur cum primum aliquis inhorruit, et ex horrore incaluit, dare ei oportet potui tepidam aquam subsalsam, et vomere eum cogere: nam fere talis horror ab iis oritur, quæ biliosa in stomacho resederunt. Idem faciendum est, si proximo quoque circuitu æque accessit: sæpe enim sic discutitur. Jamque, quod genus febris sit, scire licet. Itaque sub expectatione proximæ accessionis, quæ instare tertia potest, deducendus in balneum est; dandaque opera, ut per tempus horro-

in balneum; que opera danda ut sit in
into the bath; and pains to be given (care to be taken) that he may be in
 solio per tempus horrois. Si senserit ibi
the solium during the time of the shivering. Although he should feel it there
 quoque, nihilominus faciat idem sub expectatione quartæ
also, nevertheless he should do the same in expectation of the fourth
 accessionis: siquidem is sæpe discutitur quoque eo modo.
paroxysm: for as much as it often is shaken off also in that manner.
 Si balneum quidem ne profuit, edat allium ante
If the bath even has not benefited, he should eat garlick before
 accessionem, aut bibat calidam aquam cum pipere: siquidem ea
the accession, or drink warm water with pepper: since those things
 assumpta, quoque movent calorem, qui non admittit horrorem.
(being) taken, also excite heat, which does not admit of shivering.
 Deinde operatur eodem modo quo
Afterwards he should be covered in the same manner in which
 præceptum est in frigore, antequam possit inhorrescere: que
it has been directed in cold, before that he can begin to shiver: and
 convenit circumdare totum corpus fomentis, sed protinus
it is suitable to surround the whole body with fomentations, but at the first,
 validioribus, que maxime extinctis testis, et titiionibus
the stronger ones, and particularly extinguished bricks, and cinders
 involutis. Si, nihilominus, horror perruperit,
rolled up (in cloths). If, notwithstanding, the shivering should break forth,
 perfundatur inter vestimenta ipsa, multo oleo
he should be anointed between cloths themselves, with much oil
 calefacto, cui aliquid ex calefacientibus æque adjectum sit:
made hot, to which some one of the caleficients as well has been added:
 que frictio adhibeatur quantum is poterit sustinere, que
and friction should be applied as great as he shall be able to bear, and
 maxime in manibus et pedibus; et ipse contineat spiritum.
especially on the hands and feet: and he himself should hold in his breath.
 Neque desistendum est, etiamsi est horror: enim pertinacia
Nor ought we to cease, although there is shivering: for the perseverance
 juvantis sæpe vincit malum corporis. Si
of the person assisting often overcomes the malady of the body. If
 evomuit quid, tepida aqua danda, que est
he has vomited up any thing, warm water is to be given, and he is
 cogendus vomere iterum, que utendum est eisdem donec
to be forced to vomit again, and we must employ the same means until
 horror finiatur. Sed præter hæc, alvus est ducenda
the shivering be terminated. But besides these, the belly is to be clystered

in solio sit. Si ibi quoque senserit, nihilominus idem sub expectatione quartæ accessionis faciat: siquidem eo quoque modo sæpe is discutitur. Si ne balneum quidem profuit, ante accessionem allium edat, aut bibat calidam aquam cum pipere; siquidem ea quoque assumpta calorem movent, qui horrorem non admittit. Deinde eodem modo, quo in frigore præceptum est, antequam inhorrescere possit, operatur: fomentisque, sed protinus validioribus, totum corpus circumdare convenit, maximeque involutis extinctis testis et titio-

nibus. Si nihilominus horror perruperit, multo oleo calefacto inter ipsa vestimenta perfundatur, cui æque ex calefacientibus aliquid sit adjectum; adhibeaturque frictio, quantum is sustinere poterit, maximeque in manibus et pedibus; et spiritum ipse contineat. Neque desistendum est, etiamsi horror est: sæpe enim pertinacia juvantis malum corporis vincit. Si quid evomuit, danda aqua tepida, iterumque vomere cogendus est; utendumque eisdem, donec horror finiatur. Sed præter hæc ducenda alvus est, si tardius hor-

si horror quiescet tardius: siquidem id quoque prodest corpore
if the shivering shall cease more slowly: since that also benefits by the body
 exonerato. Que ultima auxilia post hæc sunt gestatio et
being unloaded. And the last aids after these are gestation and
 frictio. Autem cibus qui præstet alvum mollem est maxime
friction. But food which renders the belly soft is mostly
 dandus in morbis ejusmodi; glutinosa caro; vinum, cum
to be given in diseases of this sort; glutinous flesh; wine, when
 dabitur, austerum.
it shall be given, rough.

CAP. XIII.

CHAP. XIII.

Curatio Quotidianæ.
 The Cure of a Quotidian.

Hæc pertinent ad omnes circuitus februm: tamen
These things pertain to all the periods of fevers: nevertheless
 singulæ (sc. febres) sunt discernendæ, sicut habent dissimilem
the individual ones are to be distinguished, as they have a dissimilar
 rationem (sc. circuituum). Si est quotidiana, magnopere oportet
order. If it is a quotidian, it is essentially necessary
 abstinere primo triduo, tum uti cibis quoque altero die.
to abstain for the first three days, then to use foods every other day.
 Si res inveteraverit, experiri balneum et vinum post
If the thing have inveterated, to try the bath and wine after
 febrem; que magis, si, horrore sublato, hæc (sc. febris)
the paroxysm; and the more, if, the shivering being removed, this
 superest
remains.

CAP. XIV.

CHAP. XIV.

Curatio Tertianæ.
 The Cure of a Tertian.

Vero si est tertiana, quæ intermittit ex toto, aut quartana;
But if it is a tertian, which intermits perfectly, or a quartan;

ror quiescet: siquidem id quoque exonerato corpore prodest. Ultimaque post hæc auxilia sunt, gestatio et frictio. Cibus autem in ejusmodi morbis maxime dandus est, qui mollem alvum præstet; caro glutinosa; vinum, cum dabitur, austerum.

CAP. XIII.—*Quotidianæ Curatio.*—Hæc ad omnes circuitus februm pertinent: discernen-

dæ tamen singulæ sunt, sicut rationem habent dissimilem. Si quotidiana est, triduo primo magnopere abstinere oportet; tum cibis altero quoque die uti. Si res inveteraverit, post febrem experiri balneum et vinum; magisque si, horrore sublato, hæc superest.

CAP. XIV.—*Tertianæ Curatio.*—Si vero tertiana, quæ ex toto intermittit, aut quartana

oportet et uti et ambulationibus que aliis exercitationibus,
it is necessary also to use both walkings and other exercises,
 et unctionibus mediis diebus. Cleophrantus, quidam ex
and anointings on the intermediate days. Cleophrantus, one of
 antiquioribus medicis, in hoc genere morborum, multo ante
the more ancient physicians, in this kind of diseases, long before
 accessionem, perfundebat ægrum per caput multâ calidâ
the accession, used to bathe the patient over the head with much warm
 aquâ, deinde dabat vinum. Quod Asclepiades, quamvis secutus est
water, then he gave wine. Which Asclepiades, although he followed
 pleraque præcepta ejus viri, tamen recte præterit: enim
most of the precepts of that man, yet rightly passed over: for
 est anceps. Ipse, si febris est tertiana, dicit oportere
it is doubtful. He, if the fever is a tertian, says that it behooveth
 alvum duci tertio die, post accessionem; quinto
that the belly be clystered on the third day, after the accession; on the fifth
 elicere vomitum post horrorem; deinde post febrem, sicut
to excite vomiting after the shivering; then after the paroxysm, as
 mos erat illi, dare cibum et vinum adhuc calidis;
the custom was to him (was his custom), to give food and wine to them still hot;
 detineri in lectulo sexto die; enim sic fore
to be kept in bed on the sixth day; for so that it would happen
 febris ne accedat septimo die. Verisimile est id
that the paroxysm would not come on on the seventh day. It is probable that that
 posse sæpe fieri. Tamen, est tutius, ut utamur hoc ordine
may often happen. Nevertheless, it is safer, that we use this order
 ipso, tentare tria remedia vomitus, ductionis alvi, vini
itself, to try the three remedies of vomiting, clystering of the belly, wine
 per triduum, id est tertio die, et quinto, et septimo; nec
for three days, that is on the third day, and fifth, and seventh; nor
 bibat vinum septimo die, nisi post accessionem. Vero
should he drink wine on the seventh day, except after the accession. But
 si morbus non discussus est primis diebus, que incidit in
if the disease has not been shaken off on the first days, and it falls into
 vetustatem, contineat se in lectulo, die
oldness (long standing), he should keep himself in bed, on the day
 quo febris expectabitur; perfricetur post febrem;
on which the paroxysm shall be expected; he should be rubbed after the paroxysm;
 tum cibo assumpto, bibat aquam; postero die qui
then food being taken, he should drink water; on the next day which
 vacat, conquiescat ab exercitatione que unctione, contentus
is free, he should refrain from exercise and anointing, content

est; mediis diebus, et ambulationibus uti oportet, aliisque exercitationibus, et unctionibus. Quidam ex antiquioribus medicis Cleophrantus, in hoc genere morborum, multo ante accessionem, per caput ægrum multa calida aqua perfundebat, deinde vinum dabat. Quod, quamvis pleraque ejus viri præcepta secutus est Asclepiades, recte tamen præterit: est enim anceps. Ipse, si tertiana febris est, tertio die post accessionem dicit alvum duci oportere; quinto, post horrorem vomitum elicere; deinde post febrem, sicut illi mos erat,

adhuc calidis dare cibum et vinum; sexto die, in lectulo detineri; sic enim fore, ne septimo die febris accedat. Id sæpe fieri posse, verisimile est. Tutius tamen est, ut hoc ipso ordine utamur, tria remedia, vomitus, alvi ductionis, vini, per triduum, id est, die tertio, et quinto, et septimo tentare: nec vinum, nisi post accessionem, die septimo bibat. Si vero primis diebus discussus morbus non est, inciditque in vetustatem, quo die febris expectabitur, in lectulo se contineat; post febrem perfricetur; tum, cibo assumpto, bibat aquam;

aquâ tantum. Et id quidem est optimum. Vero si imbecillitas
with water only. And that indeed is best. But if weakness
 urgebit, debeat assumere et vinum post
shall oppress, he will be obliged (he ought) to take both wine after
 febrem, et paulum cibi medio die.
the paroxysm, and a little food in the middle of the day.

CAP. XV.

CHAP. XV.

Curatio Quartanæ.
 The Cure of a Quartan.

Eadem sunt facienda in quartanâ. Sed cum hæc
The same things are to be done in the quartan. But whereas this
 finiatur admodum tarde, nisi discussa est primis
is terminated very slowly, except it has been shaken off on the first
 diebus, (mihi) præcipiendum est diligentius ab initio, quid
days, I must lay down more carefully from the commencement, what
 debeat fieri in ea. Igitur si febris accessit cui,
ought to be done in it. Therefore if the paroxysm has come on any one,
 cum horrore, que ea (febris) desiit, debet continere se eodem
with shivering, and it has ceased, he ought to restrain himself on the same
 die, et postero, que tertio, et sumere calidam aquam
day, and the next, and on the third, and to take warm water
 tantummodo primo die post febrem; biduo proximo,
only on the first day after the paroxysm; for the two days following,
 ne quidem hanc, quantum potest fieri. Si quarto die
not even this, as far as it can be done. If on the fourth day
 febris revertitur cum horrore, vomere sicut ante præceptum est;
the fever returns with shivering, to vomit as it has been before directed;
 deinde post febrem, sumere modicum cibum, quadrantem vini;
then after the paroxysm, to take moderate food, a gill of wine;
 abstinere postero die, que tertio, calidâ aquâ tantummodo
to abstain on the next day, and the third, warm water only
 assumptâ, si est sitis. Septimo die, prævenire frigus
being taken, if there is thirst. On the seventh day, to prevent the cold
 balneo; si febris redierit ducere alvum; ubi corpus
by the bath; if the fever should return to clyster the belly; when the body
 conquieverit ex eo (sc. ducere alvum), vehementer perfricari in
shall have quieted from it, to be strongly rubbed during

postero die, qui vacat, ab exercitatione unctioneque, aqua tantum contentus, conquiescat. Et id quidem optimum est. Si vero imbecillitas urgebit, et post febrem vinum, et medio die paulum cibi debeat assumere.

CAP. XV. — *Quartanæ Curatio.* — EADEM in quartana facienda sunt. Sed cum hæc tarde admodum finiatur, nisi primis diebus discussa est, diligentius ab initio præcipiendum est, quid in ea fieri debeat. Igitur si cui cum horrore febris accessit, eaque desiit, eodem

die et postero tertioque continere se debet, et aquam tantummodo calidam primo die post febrem sumere; biduo proximo, quantum fieri potest, ne hanc quidem. Si quarto die cum horrore febris revertitur, vomere, sicut ante præceptum est; deinde post febrem, modicum cibum sumere, vini quadrantem; postero tertioque die abstinere, aqua tantummodo calida, si sitis est, assumpta. Septimo die balneo frigus prævenire; si febris redierit, ducere alvum; ubi ex eo corpus conquieverit, in unctione vehementer perfricari; eodem modo

unctione, sumere cibum et vinum eodem modo; abstinere se
 inunction, to take food and wine in the same manner; to restrain himself
 (sc. a cibo) biduo proximo, frictione servatâ. Decimo tertio
 (from food) for the two next days, the friction being observed. On the thirteenth
 die rursus experiri balneum; et si postea febris accessit,
 day again to try the bath; and if afterwards the paroxysm has come on,
 perfricari æque, bibere vinum copiosius. Ac sic est
 to be rubbed alike (as before), to drink wine more plentifully. And so it is
 proximum, ut quies tot dierum, et abstinencia cum
 probable, that the rest of so many days, and the abstinence with
 ceteris, quæ præcipiuntur, tollant febrem. Vero si,
 the other things, which are ordered, may carry off the fever. But if,
 nihilominus, remanet, ex toto aliud genus curationis est sequendum,
 nevertheless, it remains, a totally different kind of treatment is to be pursued,
 quæ id agendum, ut corpus facile sustineat, quod est
 and that to be done, that the body may easily endure, what is
 sustinendum diu. Quo minus etiam debet curatio
 to be endured for a long time. So much the less moreover ought the treatment of
 Heraclidis, Tarentini, probari, qui dixit alvum (esse)
 Heraclides, the Tarentine, to be approved, who said that the belly (ought)
 ducendam primis diebus, deinde abstinendum (sc. ægro) in
 to be clystered on the first days, then that he ought to abstain till
 septimum diem. Quod, ut aliquis possit
 the seventh day (for seven days). Which, though a person may be able
 sustinere, tamen, etiam liberatus a febre, vix
 to endure, nevertheless, though freed from the fever, he will scarcely
 valebit refectiioni; adeo si febris accesserit
 be strong enough for refreshment; so that if the paroxysm should come on
 sæpius, concidet. Igitur, si morbus manebit
 more frequently, he will sink. Therefore, if the disease shall continue
 tertio decimo die, balneum erit tentandum, neque ante febrem,
 on the thirteenth day, the bath will be to be tried, neither before the paroxysm,
 neque post eam; nisi interdum, horrore jam discusso:
 nor after it; except occasionally, the shivering already being shaken off:
 horror ipse (est) expugnandus, per ea quæ scripta sunt
 the shivering itself (is) to be subdued, by those things which have been written
 supra; deinde oportebit ungi post febrem, et
 above; then it will behoove to be anointed after the paroxysm, and
 vehementer perfricari; assumere cibum et validum et fortiter;
 to be strongly rubbed; to take food both strong and confidently;
 uti vino, quantum libebit: postero die, cum
 to use wine, as much as he shall like: on the next day, when

sumere cibum et vinum; biduo proximo se abstinere, frictione servata. Decimo tertio die rursus balneum experiri; et, si postea febris accessit, æque perfricari, vinum copiosius bibere. Ac sic proximum est, ut quies tot dierum, et abstinencia cum ceteris, quæ præcipiuntur, febrem tollant. Si vero nihilominus remanet, aliud ex toto sequendum est curationis genus; idque agendum, ut, quod diu sustinendum est, corpus facile sustineat. Quo minus etiam curatio probari Heraclidis Tarentini debet, qui primis diebus ducendam

alvum, deinde abstinendum in septimum diem dixit. Quod, ut sustinere aliquis possit, tamen, etiam febre liberatus, vix refectiioni valebit; adeo, si febris sæpius accesserit, concidet. Igitur si tertio decimo die morbus manebit, balneum neque ante febrem, neque post eam tentandum erit; nisi interdum jam horrore discusso: horror ipse per ea, quæ supra scripta sunt, expugnandus. Deinde post febrem oportebit ungi, et vehementer perfricari; cibum et validum, et fortiter assumere; vino uti quantum libebit: postero

quieverit satis, ambulare, exerceri, ungi,
he shall have rested enough, to walk, to be exercised, to be anointed,
 perfricari fortiter, capere cibum sine vino: abstinere tertio
to be rubbed strongly, to take food without wine: to abstain on the third
 die. Vero die quo expectabit febrem, surgere ante,
day. But on the day on which he shall expect the paroxysm, to rise before it,
 et exerceri, que dare operam ut tempus febris
and to be exercised, and to endeavour that the time of the paroxysm
 incurrat in exercitationem ipsam: enim sic illa sæpe
run by (pass over) during the exercise itself: for thus it often
 discutitur. At si occupavit in opere, tum demum
is shaken off. But if it has seized him during exercise, then at length
 recipere se (sc. ab opere). In valetudine ejusmodi, medicamenta
to withdraw himself. In ill health of this sort, the medicines
 sunt oleum, frictio, exercitatio, cibus, vinum. Si venter est
are oil, friction, exercise, food, wine. If the belly is
 adstrictus, est solvendus. Sed validiores facile faciunt hæc:
bound, it is to be relaxed. But stronger people easily do these things:
 si imbecillitas occupavit, gestatio est pro exercitatione:
if weakness has seized, gestation is (to be substituted) for exercise:
 si ne sustineat quidem hanc, tamen frictio est adhibenda: si hæc
if he cannot bear even this, still friction is to be applied: if this
 quoque vehemens onerat, sistendum est intra quietem et
also (when) violent wearies, we must restrict him within (to) rest and
 unctionem, et cibum; que opera est danda ne qua
inunction, and food; and attention is to be given that not any (no)
 cruditas vertat id malum in quotidianam (febrem). Nam quartana
crudity turn that malady into a quotidian. For a quartan
 jugulat neminem: sed, si quotidiana facta est ex eâ, æger
destroys no one: but, if a quotidian has been made of it, the patient
 est in malis: quod tamen nunquam fit nisi culpa
is in danger: which nevertheless never happens, except by the fault
 vel ægri, vel curantis.
either of the patient, or of the physician.

CAP. XVI.

CHAP. XVI.

Curatio duarum Quartanarum.
 The Cure of two (a double) Quartans.

At si sunt duæ quartanæ, neque possunt eæ
 But if there are two (a double) quartans, nor can those

die, cum satis quieverit, ambulare, exerceri,
 ungi, perfricari fortiter, cibum capere sine
 vino: tertio die abstinere. Quo die vero fe-
 brem expectabit, ante surgere, et exerceri,
 dareque operam, ut in ipsam exercitationem
 febris tempus incurrat: sic enim sæpe illa
 discutitur. At si in opere occupavit, tum de-
 mum se recipere. In ejusmodi valetudine
 medicamenta sunt, oleum, frictio, exercitatio,
 cibus, vinum. Si venter adstrictus est, sol-
 vendus est. Sed hæc facile validiores faciunt:
 si imbecillitas occupavit, pro exercitatione

gestatio est: si ne hanc quidem sustinet, ad-
 hibenda tamen frictio est: si hæc quoque
 vehemens onerat, intra quietem et unctionem
 et cibum sistendum est; dandaque opera est,
 ne qua cruditas in quotidianam id malum
 vertat. Nam quartana neminem jugulat: sed
 si ex ea facta quotidiana est, in malis æger
 est: quod tamen, nisi culpa vel ægri vel cu-
 rantis, nunquam fit.

CAP. XVI.—*Duarum Quartanarum Curatio.*—
 AT si duæ quartanæ sunt, neque eas, quas

exercitationes quas proposui adhiberi; est opus aut
exercises which I have proposed be used; it is necessary either
 quiescere ex toto, aut si id est difficile, ambulare leniter; considerare,
to rest entirely, or if that is difficult, to walk gently; to sit down,
 pedibus et capite diligenter involutis; quoties febris
with his feet and his head carefully wrapped up; as often as the paroxysm
 accessit et desit, sumere modicum cibum et vinum;
has come on and has gone off, to take moderate food and wine;
 reliquo tempore, nisi imbecillitas urget, abstinere.
during the remaining time, unless weakness oppresses, to abstain.
 At si duæ febres pæne junguntur, sumere cibum post
But if the two paroxysms are almost joined, to take food after
 utramque; deinde vacuo tempore et moveri
both; then in the free time (in the remission) both to be moved
 aliquid, et uti cibo post unctionem. Vero cum vetus quartana
somewhat, and to use food after inunction. But since an old quartan
 raro solvatur, nisi vere; attendum est, utique eo
is seldom removed, except in spring; we must take care, especially at that
 tempore, ne quid fiat quod impediât valetudinem. Que prodest
time, that nothing happen which can impede recovery. And it is serviceable
 in vetere quartanâ, subinde mutare genus victus, transire
in an inveterate quartan, occasionally to change the mode of living, to change
 a vino ad aquam, ab aquâ ad vinum, a lenibus cibis ad
from wine to water, from water to wine, from mild foods to
 acres, ab acribus ad lenes; esse radicem, deinde vomere, ve
sharp, from sharp to mild; to eat horse-radish, then to vomit, or
 resolvere ventrem jure gallinacei pulli; adjicere calefacientia
to relax the belly with the broth of a good chicken; to add calefacients
 oleo ad friciones; ante accessionem sorbere vel duos
to the oil for the frictions; before the accession to swallow either two
 cyathos acetî vel unum sinapis, cum tribus Græci salsi vini,
glasses of vinegar or one of mustard, with three of Greek salt wine,
 vel piper, castoreum, laser, et myrrham, mixta paribus portionibus,
or pepper, castor, assafoetida, and myrrh, mixed in equal portions,
 et diluta in aquâ. Enim per hæc que similia corpus est
and mingled in water. For by these and similar things the body is
 agitandum, ut moveatur ex eo statu quo detinetur.
to be agitated, that it may be moved from that state in which it is detained.
 Si febris quievit, convenit meminisse diei ejus
If the paroxysm has subsided, it is proper to remember the day of it
 (sc. febris) diu; que eo (sc. die) vitare frigus, calorem,
(paroxysm) for a long time; and on it to avoid cold, heat,

proposui, exercitationes adhiberi possunt; aut ex toto quiescere opus est, aut, si id difficile est, leniter ambulare; considerare diligenter involutis pedibus et capite; quoties febris accessit et desit, cibum modicum sumere, et vinum; reliquo tempore, nisi imbecillitas urget, abstinere. At si duæ febres pæne junguntur, post utramque cibum sumere: deinde vacuo tempore, et moveri aliquid, et post unctionem cibo uti. Cum vero vetus quartana raro, nisi vere, solvatur; utique eo tempore attendendum est, ne quid fiat, quod valetudinem impediât. Prodestque in vetere quartana,

mutare subinde victus genus; a vino ad aquam, ab aqua ad vinum, a lenibus cibis ad acres, ab acribus ad lenes transire; esse radicem, deinde vomere; jureve pulli gallinacei ventrem resolvere; oleo ad friciones adjicere calefacientia; ante accessionem sorbere, vel acetî cyathos duos, vel unum sinapis cum tribus Græci vini salsi, vel mixta paribus portionibus, et in aqua dilata, piper, castoreum, laser, myrrham. Per hæc enim similiaque corpus agitandum est, ut moveatur ex eo statu, quo detinetur. Si febris quievit, diu meminisse ejus diei convenit; eoque vitare frigus, calo-

cruditatem, lassitudinem. Enim facile revertitur, nisi timetur
crudity, weariness. For it easily returns, unless it be feared
 aliquamdiu a sano quoque.
for some time by him when in health (convalescent) also.

CAP. XVII.

CHAP. XVII.

Quotidianæ ex Quartanâ.
 Of a Quotidian from a Quartan.

At si quotidiana facta est ex quartanâ; cum id
 But if a quotidian has been made of a quartan; since that
 inciderit vitio, oportet abstinere per
 will have happened from mismanagement, it is necessary to abstain for
 biduum, et uti frictione; dare aquam tantummodo potui,
 two days, and to use friction; to give water only for drink,
 vespere. Sæpe fit tertio die, febris
 in the evening. It often happens on the third day, that the paroxysm
 ne accedat: sed sive fuit sive non fuit, cibus
 does not come on: but whether it has been or has not been, food
 est dandus post tempus accessionis; et si manet,
 is to be given after the time of the accession; and if it continues,
 utendum est, per biduum, abinentiâ maximâ quantâ potest
 we must use, during two days, abstinence the greatest that can
 imperari corpori, et frictione quotidie.
 be ordered to the body, and friction daily.

CAP. XVIII.

CHAP. XVIII.

Tria Genera Insaniæ.
 Three Kinds of Insanity.

Et quidem curatio februm exposita est. Vero alii
 And indeed the treatment of fevers has been explained. But the other
 affectus corporis qui superveniunt huic, supersunt: ex quibus
 affections of the body which supervene upon it, remain: of which
 protinus jungam eos qui possunt non assignari certis
 I shall immediately join those which cannot be assigned to certain

rem, cruditatem, lassitudinem. Facile enim revertitur, nisi a sano quoque aliquamdiu timetur.

CAP. XVII.—*Quotidianæ ex Quartana.*—AT si ex quartana, quotidiana facta est; cum id vitio inciderit, per biduum abstinere oportet, et frictione uti; aquam tantummodo vespere potui dare. Tertio die sæpe fit, ne febris accedat: sed sive fuit, sive non fuit, cibus post accessi-

onis tempus est dandus; et si manet, per biduum abinentiâ, quanta maxima imperari corpori potest, et frictions quotidie utendum est.

CAP. XVIII.—*Tria Insaniæ Genera.*—ET februm quidem curatio exposita est. Supersunt vero alii corporis affectus, qui huic superveniunt: ex quibus eos, qui certis partibus assignari non possunt, protinus jungam. Incipiam

partibus, Incipiam ab insaniâ, que aggrediar primam partem
parts. I shall begin with madness, and I shall go to the first part
 hujûs ipsiûs, quæ est et acuta et in febre: Græci appellant
of this itself, which is both acute and in fever: the Greeks call it
 φρένησιν (phrenesis). Ante omnia oportet scire illud,
phrensy. Before all things it behooveth to know this,
 ægros interdum desipere in accessione, et loqui
that the sick sometimes rave during the accession, and utter
 aliena. Quod quidem est non leve; neque
incoherent things (incoherently). Which indeed is no slight thing; nor
 potest incidere nisi in vehementi febre: tamen est non æque
can it happen except in violent fever: nevertheless it is not so
 pestiferum; nam consuevit esse plerumque breve, que
fatal; for it has been accustomed to be for the most part short, and
 impetu accessionis levato, mens protinus redit.
the violence of the accession being abated, the mind immediately returns.
 Neque id genus morbi desiderat aliud remedium, quam
Nor does that kind of disease require any other remedy, than
 quod præceptum est in curandâ febre. Vero tum demum phrenesis
what has been directed in treating fever. But then at length phrensy
 est, cum dementia incipit esse continua; aut cum æger,
is present, when the madness begins to be continual; or when the patient,
 quamvis adhuc sapiat, tamen accipit quasdam vanas
although as yet he be in his senses, nevertheless admits certain strange
 imagines: est perfecta, ubi mens est addicta illis
notions: it is completed, when the mind is given up to those
 imaginibus. Autem sunt plura genera ejûs: siquidem
notions. But there are several kinds of it: since
 ex phreneticis alii sunt hilares, alii tristes; alii continentur
of phrenetics some are cheerful, others melancholy; some are restrained
 facilius, et desipiunt intra verba, alii consurgunt et faciunt
more easily, and rave within words, others rise up and do
 quædam violenter manu; atque ex his ipsis, alii
some things violently with the hand; and of these themselves, some
 peccant nihil nisi impetu, alii etiam adhibent artes, que præbent
offend only by violence, others even practise deceit, and exhibit
 summam speciem sanitatis, in captandis occasionibus malorum
the greatest appearance of sanity, in seizing opportunities of wicked
 operum; sed deprehenduntur exitu. Autem ex his est
deeds; but they are detected in the end. But of these it is
 supervacuum onerare asperioribus coercitationibus, eos qui desipiunt
superfluous to burthen with the severer restraints, those who rave

ab insania, primamque hujus ipsius partem aggrediar, quæ et acuta, et in febre est: φρένησιν Græci appellant. Illud ante omnia scire oportet, interdum in accessione ægros desipere, et loqui aliena. Quod non quidem leve est; neque incidere potest, nisi in febre vehementi: non tamen æque pestiferum est; nam plerumque breve esse consuevit, levatoque accessionis impetu, protinus mens redit. Neque id genus morbi remedium aliud desiderat, quam quod in curanda febre præceptum est. Phrenesis vero tum demum est, cum continua dementia esse incipit; aut cum æger, quamvis adhuc

sapiat, tamen quasdam vanas imagines accipit: perfecta est, ubi mens illis imaginibus addicta est. Ejus autem plura genera sunt: siquidem ex phreneticis alii hilares, alii tristes sunt; alii facilius continentur, et intra verba desipiunt, alii consurgunt, et violenter quædam manu faciunt; atque ex his ipsis, alii nihil nisi impetu peccant, alii etiam artes adhibent, summamque speciem sanitatis in captandis malorum operum occasionibus præbent; sed exitu deprehenduntur. Ex his autem eos, qui intra verba desipiunt, aut leviter etiam manu peccant, onerare asperioribus coercitionibus

intra verba, aut peccant leviter etiam manu: vero convenit
within words, or offend lightly even with the hand: but it is proper
 vincire eos, qui gerunt se violentius, ne noceant vel
to bind those, who conduct themselves more violently, lest they injure either
 sibi vel alteri. Neque credendum est, si aliquis vincitus
themselves or another. Nor ought we to trust, if any one bound
 cum cupit levari vinculis, quamvis loquitur
whilst he is desirous to be freed from his bonds, although he speaks
 prudenter et miserabiliter; quoniam is est dolus insanientis
discreetly and pitifully; because that is the deceit of a madman.
 (sc. hominis). Vero antiqui habebant tales ægros
But the ancient (physicians) used to keep such patients
 fere in tenebris; eo quod esset contrarium illis
for the most part in darkness; because it was injurious to them
 exterreri; et judicabant tenebras ipsas conferre
to be frightened; and they judged that the darkness itself contributed
 aliquid ad quietem animi. At Asclepiades, tenebris ipsis
something to tranquillity of mind. But Asclepiades, the darkness itself
 tanquam terrentibus, dixit eos (esse) habendos in lumine.
as it were frightening them, said that they were to be kept in the light.
 Autem neutrum (sc. horum) est perpetuum: enim tenebræ magis
But neither is universal: for darkness rather
 turbant alium, lux alium; que reperiuntur, in quibus nullum
disturbs one, light another; and they are found, in whom no
 discrimen possit deprehendi, vel hoc vel illo modo.
difference can be discovered, either from the latter or the former method.
 Itaque est optimum experiri utrumque; et habere eum qui
Therefore it is best to try both; and to keep him who
 horret tenebras, in luce; eum, qui (horret) lucem, in
dreads darkness, in the light; him, who (dreads) the light, in
 tenebris. At ubi est nullum tale discrimen, æger, si
darkness. But when there is no such distinction, the patient, if
 habet vires, est continendus lucido loco; si
he has strength, is to be kept in a lightsome place; if
 habet non, obscuro. Vero adhibere remedia, ubi
he has not, in a dark one. But to administer remedies, when
 furor urget maxime, est supervacuum: enim febris
the madness oppresses most, is superfluous: for the fever
 quoque increscit simul. Itaque tum æger est
also is increasing at the same time. Therefore at that time the patient is
 nihil nisi continendus: vero ubi res patitur, subveniendum est
only to be restrained: but when the thing permits, we must relieve

supervacuum est: eos vero, qui violentius se
 gerunt, vincire convenit, ne vel sibi vel alteri
 noceant. Neque credendum est, si vincetus
 aliquis, dum levari vinculis cupit, quamvis
 prudenter et miserabiliter loquitur; quoniam
 is dolus insanientis est. Fere vero antiqui
 tales ægros in tenebris habebant; eo quod illis
 contrarium esset, exterreri, et ad quietem ani-
 mi tenebras ipsas conferre aliquid judicabant.
 At Asclepiades, tanquam tenebris ipsis terren-
 tibus, in lumine habendos eos dixit. Neutrum
 autem perpetuum est: alium enim lux, alium
 tenebræ magis turbant; reperiunturque, in qui-

bus nullum discrimen deprehendi, vel hoc, vel
 illo modo possit. Optimum itaque est, utrum-
 que experiri; et habere eum, qui tenebras hor-
 ret, in luce; eum, qui lucem, in tenebris. At
 ubi nullum tale discrimen est, æger, si vires
 habet, loco lucido; si non habet, obscuro con-
 tinendus est. Remedia vero adhibere, ubi max-
 ime furor urget, supervacuum est: simul enim
 febris quoque increscit. Itaque tum nihil nisi
 continendus æger est: ubi vero res patitur,
 festinanter subveniendum est. Asclepiades
 perinde esse dixit, his sanguinem mitti, ac si
 trucidentur; rationem hanc secutus, quod ne-

(ei) festinanter. Asclepiades dixit sanguinem mitti his,
 (him) quickly. Asclepiades said that blood to be drawn from them,
 esse perinde ac si trucidentur; secutus hanc rationem, quod
 was the same as if they be murdered; following this reasoning, that
 neque esset insania, nisi febre intentâ; neque
 neither could there be madness, except the paroxysm being intense; nor
 sanguis recte mitteretur nisi in remissione ejûs. Sed in
 could blood rightly be drawn except in the remission of it. But in
 his ipse quæsit somnum multâ frictione; cum et
 them he himself procured sleep by much friction; whereas even
 intentio febris impediât somnum, et frictio sit non utilis,
 the intensity of the fever may prevent sleep, and friction is not useful,
 nisi in remissione ejûs. Itaque debuit præterire hoc
 except in the remission of it. Therefore he ought to have passed over this
 auxilium quoque. Quid igitur est (scil.auxilium)? Multa fiunt
 remedy also. What then is it? Many things are done
 recte in præcipiti periculo, omittenda alias. Et
 properly in imminent danger, to be omitted at another time. And
 continua febris quoque habet tempora quibus, etsi non remittit,
 continual fever also has times in which, although it does not remit,
 tamen non crescit; que hoc est, ut non optimum,
 nevertheless it is not increasing; and this is, though not the best,
 tamen sic (est) secundum tempus remediis. Quod si
 still so far (it is) a favourable time for remedies. But if
 vires ægri patiuntur, sanguis quoque debet mitti. Minus
 the strength of the patient permit, blood also ought to be let. Less
 potest deliberari an alvus sit ducenda. Tum
 can it be deliberated whether the belly is to be clystered. Moreover
 convenit, die interposito, tondere caput ad cutem; deinde
 it is proper, a day being interposed, to clip the head to the skin; then
 fovere aquâ in quâ aliquæ verbenæ ex reprimentibus
 to foment it with water in which some vervains with repressing (medicines)
 decoctæ sint; aut prius fovere, deinde tondere, et iterum
 have been boiled; or first to foment, then to clip, and again
 fovere; ac novissime, implere caput que nares rosâ;
 to foment; and lastly, to fill (saturate) the head and nostrils with rose oil;
 etiam offere naribus, rutram contritam ex aceto;
 also to present to the nostrils, rue bruised with vinegar;
 movere sternutamenta medicamentis efficacibus in id.
 to excite sneezings by medicines efficacious for that (purpose).
 Quæ tamen sunt facienda in iis quibus vires non desunt.
 Which however are to be used in those to whom strength are not wanting.

que insania esset, nisi febre intentâ; neque sanguis, nisi in remissione ejûs, recte mitteretur. Sed ipse in his somnum multa frictione quæsit; cum et intentio febris somnum impediât, et frictio non nisi in remissione ejûs utilis sit. Itaque hoc quoque auxilium debuit præterire. Quid igitur est? Multa in præcipiti periculo recte fiunt, alias omittenda. Et continua quoque febris habet tempora, quibus, etsi non remittit, non tamen crescit; estque hoc, ut non optimum, sic tamen secundum remediis tempus. Quod si vires ægri patiuntur sanguis quoque mitti debet. Minus deliberari

potest, an alvus ducenda sit. Tum, interposito die, convenit caput ad cutem tondere; deinde aqua fovere, in qua verbenæ aliquæ decoctæ sint ex reprimentibus; aut prius fovere, deinde tondere, et iterum fovere; ac novissime rosa caput, naresque implere; offerre etiam naribus rutam, ex aceto contritam; movere sternutamenta medicamentis in id efficacibus. Quæ tamen facienda sunt in iis, quibus vires non desunt. Si vero imbecillitas est, rosa tantum caput, adjecto serpyllo, similive aliquo, madefaciendum est. Utiles etiam in quibuscunque viribus herbæ duæ sunt, solanum et muralis,

vero si est imbecillitas, caput est madefaciendum tantum
but if there is weakness, the head is to be moistened only

rosâ, serpyllo, ~~ve~~ aliquo simili adjecto. Sunt duæ
with rose oil, thyme, or something similar being added. There are two

herbæ utiles etiam in quibuscunque viribus, solanum et
herbs useful even in whatever kind of strength, nightshade and

muralis, si caput simul impletur succo expresso
wall-wort, if the head at the same time is saturated with the juice expressed

ex utraque. Cum febris remiserit, se, utendum est
from both. When the fever shall have remitted itself, we must use

frictione, parcius tamen in iis qui sunt nimis hilares,
friction, more sparingly however in those who are too merry,

quam in iis qui sunt nimis tristes. Autem est necessarium
than in those who are too melancholy. But it is necessary

gerere se adversus animos omnium sic insanientium, pro
to conduct one's self towards the minds of all thus insane, according

naturâ cujusque. Enim vani metus quorundam sunt
to the nature of each. For the idle fears of some are

levandi; sicut incidit in prædivite homine timente famem,
to be dispelled; as happened with a very rich man fearing hunger,

cui (sc. homini) falsæ hereditates subinde nunciabantur: audacia
to whom false inheritances were occasionally announced: the boldness

quorundam est coercenda; sicut fit in iis, in continendis
of some is to be restrained; as happens with those, in restraining

quibus quoque plagæ adhibentur: etiam intempestivus risus
whom even stripes are applied: also the unseasonable laughter

quorundam est finiendus objurgatione et minis: tristes
of some is to be terminated by reproof and threats: the melancholy

cogitationes quorundam discutiendæ; ad quod symphoniarum et
reflections of some to be dispelled; to which concerts of music and

cymbala, que strepitus proficiunt. Tamen assentiendum est sæpius
cymbals, and noise avail. However we must agree with oftener

quam repugnandum (iis; que mens (est) adducenda paulatim,
than oppose them (them;) and the mind is to be led by degrees,

et non evidenter, ab iis quæ dicentur stulte, ad
and not evidently, from those things which shall be spoken foolishly, to

meliora. Interdum etiam intentio ipsius (sc. mentis) est
better things. Sometimes also the exertion of itself mind is

elicenda; ut fit in hominibus studiosis, literarum, quibus
to be elicited; as is done in men desirous of literature, to whom

liber legitur aut recte, si delectantur, aut perperam
a book is read either correctly, if they are pleased, or wrongly

si simul ex utraque succo expresso caput impletur. Cum se febris remiserit, frictione utendum est; parcius tamen in iis, qui nimis hilares, quam in iis, qui nimis tristes sunt. Adversus omnium autem sic insanientium animos gerere se pro cujusque natura necessarium est. Quorundam enim vani metus levandi sunt; sicut in homine prædivite famem timente incidit, cui subinde falsæ hereditates nuntiabantur: quorundam audacia coercenda est; sicut in iis fit, in quibus continendis plagæ quoque adhibentur: quorundam etiam intempestivus risus objurgatione et minis finiendus: quorundam discutiendæ cogitationes: ad quod symphoniarum et cymbala, strepitusque proficiunt. Sæpius tamen assentiendum, quam repugnandum est; paulatimque, et non evidenter, ab iis, quæ stulte dicentur, ad meliora adducenda. Interdum etiam intentio ipsius intentio; ut fit in hominibus studiosis literarum, quibus liber legitur, aut recte, si delectantur, aut perperam, si id ipsum eos

si id ipsum offendit eos : enim, emendando, incipiunt
 if that itself offends them : for, by correcting, they begin
 convertere animum. Quin etiam sunt cogendi recitare,
 to apply the mind. Moreover they are to be compelled to recite,
 si meminerunt qua. Ii quoque, qui collocaverunt eos
 if they remember any things. They also, who have placed them
 inter (sc. homines) epulantes, reduxerunt quosdam, non desiderantes,
 amongst persons feasting, have reconciled some, not desiring it,
 ad cibum. Vero somnus est et difficilis et præcipue necessarius
 to food. But sleep is both difficult and essentially necessary
 omnibus sic affectis : enim sub hoc plerique sanescunt.
 to all thus affected : for during it many become well.
 Crocinum unguentum, cum irino datum in caput, prodest
 Saffron ointment, with iris ointment put upon the head, contributes
 ad id, atque etiam ad componendam mentem ipsam. Si nihilominus
 to this, and also to compose the mind itself. If nevertheless
 vigilant, quidam moliuntur somnum dando aquam potui, in
 they wake, some promote sleep by giving water for drink, in
 quâ papaver aut hyoscyamus decocta sit : alii subjiciunt pulvino
 which poppy or henbane has been boiled : some put under the pillow
 mala mandragoræ : alii inducunt fronti vel amomum vel
 the apples of mandrake : others place on the forehead either cardamum or
 lacrimam sycamini. Reperio hoc nomen apud medicos :
 the tears of sycamore (sycamore juice). I find this name among physicians :
 sed Græci appellant morum συκάμινον (sycaminon), cum
 but the Greeks call the mulberry whereas
 est nulla lacrima mori. Vero lacryma arboris nascentis
 there is no tear of the mulberry. But the tear of a tree growing
 in Ægypto sic significatur, quam ibi appellant μοροσύκον (morosucon).
 in Egypt is thus signified, which there they name.
 Plurimi, decoctis corticibus papaveris, subinde foveant os
 Many, having boiled the heads of the poppy, frequently foment the mouth
 et caput spongiâ ex eâ aquâ. Asclepiades
 and head with a sponge out of that water (from that decoction). Asclepiades
 dixit ea esse supervacua : quoniam sæpe converterent
 said that these things were superfluous : forasmuch as they often converted it
 (sc. morbum) in lethargum. Autem præcepit ut (æger) abstinere
 into a lethargy. But he ordered that he should be kept
 primo die a cibo, potione, somno ; aqua daretur
 on the first day from food, drink, sleep ; that water should be given
 ei vespere, potui ; tum lenis from admoveretur, ut
 to him in the evening, for drink ; then gentle friction should be applied, so that

offendit : emendando enim convertere animum
 incipiunt. Quin etiam recitare, si qua me-
 minerunt, cogendi sunt. Ad cibum quoque
 quosdam non desiderantes reduxerunt ii, qui
 inter epulantes eos collocarunt. Omnibus vero
 sic affectis somnus et difficilis, et præcipue
 necessarius est : sub hoc enim plerique sane-
 scunt. Prodest ad id, atque etiam ad mentem
 ipsam componendam, crocinum unguentum
 cum irino in caput datum. Si nihilominus
 vigilant, quidam somnum moliuntur potui
 dando aquam, in qua papaver, aut hyoscyamus

decocta sit : alii mandragoræ mala pulvino
 subjiciunt : alii vel amomum, vel sycamini
 lacrimam fronti inducunt. Hoc nomen apud
 medicos reperio : sed cum Græci morum
 συκάμινον appellant, mori nulla lacrima est.
 Sic vero significatur lacrima arboris in
 Ægypto nascentis, quam ibi μοροσύκον appellant.
 Plurimi decoctis papaveris corticibus, ex ea
 aqua spongia os et caput subinde foveant.
 Asclepiades ea supervacua esse dixit : quoniam
 in lethargum sæpe converterent. Præcepit au-
 tem, ut primo die, a cibo, potione, somno ab-

qui periricaret, ne quidem imprimeret manum vehementer;
he who might be rubbing, did not even press the hand strongly;
 deinde postero die, omnibus iisdem factis, sorbitio et
then on the next day, all the same things being done, gruel and
 aqua daretur ei vespere, que frictio rursus
water should be given to him in the evening, and friction should be again
 adhiberetur: enim per hanc (frictionem) nos consecuturos (esse) ut
applied: for by this that we should effect that
 somnus accedat. Id interdum fit, et quidem adeo, ut
sleep come on. That sometimes happens, and indeed in so much, that
 illo confitente nimia frictio etiam afferat
he confessing (by his own confession) too much friction even brings on
 periculum lethargi. Sed si somnus non accessit sic, tum
danger of lethargy. But if sleep has not succeeded thus, then
 demum (sc. somnus) est arcessendus illis medicamentis: eâdem
at length it is to be procured by the former medicines: the same
 moderatione scilicet: habitâ quæ est necessaria hic
moderation truly being had (observed) which is necessary here
 quoque, ne non possimus postea excitare quem volumus
also, lest we may not be able afterwards to wake (him) whom we wish
 obdormine. Etiam silanus cadens juxta confert aliquid
to sleep. Also the water of a fountain falling near conduces somewhat
 ad somnum; vel gestatio post cibum et noctu; que maxime
to sleep; or gestation after food and at night; and especially
 motus suspensi lecti. Neque est alienum, si neque
the motion of a slung bed (hammock). Nor is it improper, if neither
 sanguis missus est ante, neque mens constat (i. e. adhuc insaniat,)
blood has been let before, nor does the mind hold on (the delirium continues,)
 neque somnus accedit, admovere cucurbitulam inciso occipitio;
nor does sleep come on, to apply a cupping-glass to the incised occiput;
 quæ, quia levat morbum, potest etiam facere somnum. Autem
which, because it relieves the disease, may also procure sleep. But
 moderatio quoque est adhibenda in cibo: nam neque est æger
moderation also is to be used in food: for neither is the patient
 implendus, ne insaniat; neque, utique, vexandus jejuni, ne
to be filled, lest he rave; nor, moreover, to be tormented by hunger, lest
 imbecillitate incidat in cardiacum (morbum). Est opus infirmo cibo,
from weakness he fall into a cardiac. There is need of weak food,
 que maxime sorbitione, potione aquæ mulsæ, cujus est satis
and especially gruel, drink of hydromel, of which it is enough
 dedisse ternos cyathos bis hieme, quater æstate.
to have given three cups twice in winter, four times in summer.

stineretur; vespere ei daretur potui aqua; tum
 frictio admooveretur lenis, ut ne manum quidem,
 qui perfricaret, vehementer imprimeret; pos-
 tero deinde die, iisdem omnibus factis, vespere
 ei daretur sorbitio et aqua, rursusque frictio
 adhiberetur: per hanc enim nos consecuturos,
 ut somnus accedat. Id interdum fit, et quidem
 adeo, ut, illo confitente, nimia frictio etiam
 lethargi periculum afferat. Sed si sic somnus
 non accessit, tum demum illis medicamentis
 arcessendus est: habitâ scilicet eadem mode-
 ratione, quæ hic quoque necessaria est, ne,
 quem obdormire volumus, excitare postea non
 possimus. Confert etiam aliquid ad somnum

silanus juxta cadens; vel gestatio post cibum,
 et noctu; maximeque suspensi lecti motus.
 Neque alienum est, si neque sanguis ante
 missus est, neque mens constat, neque somnus
 accedit, occipitio inciso cucurbitulam admo-
 vere; quæ quia levat morbum, potest etiam
 somnum facere. Moderatio autem in cibo quo-
 que adhibenda est: nam neque implendus
 æger est, ne insaniat; neque jejuni utique
 vexandus, ne imbecillitate in cardiacum in-
 cidat. Opus est cibo infirmo, maximeque sor-
 bitione, potione aquæ mulsæ, cujus ternos
 cyathos bis hieme, quater æstate dedisse satis
 est.

Est alterum genus insanïe quod recipit longius spatium;
There is another kind of madness which admits a longer duration
 quia incipit fere sine febre, deinde excitat leves
because it begins for the most part without fever, then excites little
 febriculas. Consistit in tristitiâ, quam atra bilis videtur
fevers (feverishness). It consists in melancholy, which black bile seems
 contrahere. In hac detractio sanguinis est utilis: si quid
to bring on. In this the letting of blood is serviceable: if any thing
 prohibet hanc, abstinencia est prima: purgatio per album veratrum
hinders this, abstinence is the first: cleansing by white hellebore
 que vomitum secunda. Frictio est adhibenda bis die post
and vomiting the second. Friction is to be used twice a day after
 utrumlibet; si magis valet, frequens exercitatio etiam; vomitus
either: if he is more strong, frequent exercise also; vomiting
 in jejuno: cibus est dandus ex mediâ materiâ, sine
when fasting: food is to be given from the middle material, without
 vino. Quam quoties posuero, licet scire posse dari
wine. Which as often as I shall lay down, be it known that it may be given
 etiam ex infirmissimâ (sc. materiâ); dum quis ne utatur
even from the weakest; provided that a person do not use
 eâ solâ: valentissima tantummôdo esse removenda. Præter
it alone: that the strongest only are to be removed. Besides
 hæc, alvus est servanda quam tenerrima; terrores removendi,
these things, the belly is to be kept as soft as possible; fears to be removed,
 et potius bona spes afferenda; delectatio quærenda
and in preference good hope to be brought (inspired); amusement to be sought for
 ex fabulis que ludis quibus, sanus assueverat
from stories and the sports with which, when sane he had been accustomed
 capi maxime; opera ipsius, si sunt qua, laudanda, et
to be taken most; the works of himself, if there are any, to be praised, and
 ponenda ante ejus oculos; vana tristitia leviter objurganda;
to be placed before his eyes; his vain melancholy to be mildly reproved;
 subinde (est) admonendus cur non sit causa letitiæ
frequently (he is) to be reminded why there should not be cause of joy
 potius quam sollicitudinis, in iis rebus ipsis quæ sollicitant.
rather than of anxiety, in those things themselves which disquiet him.
 Si febris quoque accessit, est curanda sicut aliæ febres.
If fever also has come on, it is to be treated as other fevers.

Tertium genus insanïe est longissimum ex his; adeo ut
The third kind of madness is the longest of them; insomuch that
 non impediât vitam ipsam: quod consuevit esse (sc. genus
it does not hinder life itself: which has been accustomed to be

Alterum insanïe genus est, quod spatium longius recipit; quia fere siue febre incipit, leves deinde febriculas excitat. Consistit in tristitia, quam videtur bilis atra contrahere. In hac utilis detractio sanguinis est: si quid hanc prohibet, prima est abstinencia: secunda, per album veratrum vomitumque purgatio. Post utrumlibet, adhibenda bis die frictio est; si magis valet, frequens etiam exercitatio; in jejuno vomitus: cibus, sine vino, dandus ex mediâ materia est. Quam quoties posuero, scire licet, etiam ex infirmissima dari posse; dum ne ea sola quis utatur: valentissima tan-

tummôdo esse removenda. Præter hæc, servanda alvus est quam tenerrima; removendi terrores, et potius bona spes afferenda; quærenda delectatio ex fabulis ludisque, quibus maxime capi sanus assueverat; laudanda, si qua sunt, ipsius opera, et ante oculos ejus ponenda; leviter objurganda vana tristitia; subinde admonendus, in iis ipsis rebus, quæ sollicitant, cur non potius lætitiæ, quam sollicitudinis causa sit. Si febris quoque accessit, sicut aliæ febres curanda est.

Tertium genus insanïe est ex his longissimum; adeo ut vitam ipsam non impediât:

proprium) robusti corporis. Autem sunt duæ species hujus
of a robust constitution. But there are two kinds of this
 ipsius. Nam quidam falluntur imaginibus, non mente; quales
itself. For some are deceived by phantoms, not by the mind; such as
 poetæ ferunt Ajacem vel Orestem insanientem percepisse:
the poets report Ajax or Orestes (when) raving to have perceived:
 quidam desipiunt animo. Si imagines
some rave in their minds (suffer alienation of mind). If phantoms
 fallunt, videndum est, ante omnia, sint tristes
deceive them, we must see, before all things, whether they be melancholy
 an hilares. In tristitia, nigrum veratrum debet dari causâ
or cheerful. In melancholy, black hellebore ought to be given for the sake
 dejectionis; in hilaritate, album ad excitandum vomitum: que id
of purging; in hilarity, white to excite vomiting: and that
 adjiciendum est pani, si non accipit in potione, quo
is to be added to the bread, if he does not take it in a draught, that
 fallat facilius. Nam si bene purgaverit se,
it may deceive the more easily. For if he shall have well purged himself,
 levabit ex magna parte morbum. Ergo, etiam si veratrum,
he will lessen in a great degree the disease. Therefore, also if the hellebore,
 datum semel, profecerit parum, tempore interposito,
given once, shall have benefited little, a proper time being interposed,
 debet dari iterum. Neque oportet ignorare,
it ought to be given again. Nor does it behoove not to know,
 morbum insanientum cum risu esse leviolem quam serio.
that the disease of persons mad with laughter is slighter than seriously.
 Illud quoque est perpetuum in omnibus morbis, ubi aliquis
This also is a general (rule) in all diseases, when any one
 est purgandus ab inferiore parte, ejus ventrem esse ante
is to be cleansed from the lower part, that his belly is previously
 solvendum; ubi a superiore (sc. parte) comprimendum. Vero si
to be relaxed; when from the upper to be astringed. But if
 consilium fallit insanientem, optime curatur quibusdam tormentis.
the judgment deceives one delirious, he is best treated by certain severities.
 Ubi dixit aut fecit aliquid perperam; est coercendus
When he has said or done any thing amiss; he is to be corrected
 fame, vinculis, plagis. Est cogendus et attendere et
by hunger, by chains, by stripes. He is to be compelled both to attend and
 ediscere aliquid, et meminisse: enim sic fiet, ut
to learn something, and to remember it: for thus it will happen, that
 paulatim cogatur metu considerare quid faciat. Etiam
by degrees he be compelled by fear to consider what he does. Even

quod robusti corporis esse consuevit. Hujus
 autem ipsius species duæ sunt. Nam quidam
 imaginibus, non mente falluntur; quales in-
 insanientem Ajacem vel Orestem percepisse
 poetæ ferunt: quidam animo desipiunt. Si
 imagines fallunt, ante omnia videndum est,
 tristes an hilares sint. In tristitia, nigrum
 veratrum dejectionis causa; in hilaritate,
 album, ad vomitum excitandum, dari debet:
 idque, si in potione non accipit, pani adji-
 cendum est, quo facilius fallat. Nam si bene
 se purgaverit, ex magna parte morbum levabit.
 Ergo etiam si semel datum veratrum parum

profecerit, interposito tempore iterum dari de-
 bet. Neque ignorare oportet, leviolem esse
 morbum cum risu, quam serio insanientium.
 Illud quoque perpetuum est in omnibus morbis,
 ubi ab inferiore parte purgandus aliquis est,
 ventrem ejus ante solvendum esse; ubi a supe-
 riore, comprimendum. Si vero consilium in-
 sanientem fallit, tormentis quibusdam optime
 curatur. Ubi perperam aliquid dixit, aut
 fecit; fame, vinculis, plagis coercendus est.
 Cogendus est et attendere, et ediscere aliquid,
 et meminisse: sic enim fiet, ut paulatim metu
 cogatur considerare, quid faciat. Subito etiam

subito terreri et expavescere prodest in hoc morbo;
to be suddenly terrified and to fear is beneficial in this disease;
 et fere quidquid vehementer perturbatur. Animum. Enim quædam
and generally whatever violently disturbs the mind. For some
 mutatio potest fieri, cum mens abducta est ab eo
change may be made, when the mind has been withdrawn from that
 statu in quo fuerat. Etiam interest is ipse rideat
state in which it had been. It also imports whether he himself laugh
 subinde sine causâ, an sit mœstus que demissus: nam demens
frequently without cause, or he be sorrowful and dejected: for raving
 hilaritas melius curatur iis terroribus de quibus dixi supra;
mirth is better treated by those terrors of which I have spoken above:
 si est nimia tristitia, lenis sed multa frictio, bis die,
if there is too much sadness, gentle but much friction, twice a day,
 prodest; item frigida aqua infusa per caput, que corpus
does good; likewise cold water poured over the head, and the body
 demissum in aquam et oleum. Illa sunt communia:
let down into water and oil. These are general:
 insanientes debere vehementer exerceri; uti multâ frictione;
that mad persons ought to be violently exercised; to use much friction;
 assumere neque pinguem carnem neque vinum; post purgationem uti
to take neither fat meat nor wine; after purging to use
 cibis, ex mediâ materiâ, quam levissimis; non oportere
foods, of the middle material, as light as possible; that it does not behoove
 esse vel solos, vel inter ignotos, vel inter eos quos
that they be either alone, or among strangers, or among those whom
 aut contemnant aut negligant; debere mutare regiones,
either they despise or neglect; that they ought to change the climates,
 et, si mens redit, esse jactandos annuâ peregrinatione.
and, if reason returns, to be exercised by an annual journey.
 Raro, sed tamen aliquando, delirium nascitur ex metu.
Seldom, but nevertheless sometimes, madness arises from fright.
 Quod genus insanientium, (est) simile specie, que est
Which kind of madness, (is) similar in its appearance, and is
 curandum simile genere victus: præterquam quod in hoc genere
to be treated by a similar kind of diet: except that in this kind
 solo insanientiæ, vinum recte datur.
alone of madness, wine is properly given.

terreri, et expavescere, in hoc morbo prodest; et fere quidquid animum vehementer perturbat. Potest enim quædam fieri mutatio, cum ab eo statu mens, in quo fuerat, abducta est. Interest etiam, is ipse sine causâ subinde rideat, an mœstus demissusque sit: nam demens hilaritas terroribus iis, de quibus supra dixi, melius curatur: si nimia tristitia est, prodest lenis, sed multa bis die frictio; item per caput aqua frigida infusa, demissumque corpus in aquam et oleum. Illa communia sunt: insanientes vehementer exerceri debere; multa

frictione uti; neque pinguem carnem, neque vinum assumere; cibis uti post purgationem, ex mediâ materiâ, quam levissimis; non oportere esse vel solos, vel inter ignotos, vel inter eos, quos aut contemnant, aut negligant; mutare debere regiones, et si mens redit, annuâ peregrinatione esse jactandos.

Raro, sed aliquando tamen, ex metu delirium nascitur. Quod genus insanientium, specie simile, similique victus genere curandum est: præterquam quod in hoc insanientiæ genere solo recte vinum datur.

CAP. XIX.

CHAP. XIX.

Cardiaci.
Cardiacs.

Id genus, quod nominatur καρδιακὸν (kardiacon) a Græcis, est præcipue
That kind, which is named Cardiacon by the Greeks, is especially
contrarium his morbis; quamvis phrenetici sæpe transeunt ad
contrary to these diseases; although phrenetics often pass in to
eum: siquidem mens in illis labat, in hoc
it: for as much as the mind in the former fails, in the latter
constat. Autem id est nihil aliud quam nimia imbecillitas
it remains firm. But it is nothing else than excessive weakness
corporis, quod, stomacho, languente, digeritur immodico sudore.
of body, which, the stomach languishing, is wasted by immoderate sweating.
Que licet (nobis) protinus scire esse id, ubi pulsus
And we may immediately know that it is that, when the pulsations
venarum sunt exigui que imbecilli; autem sudor prorumpit
of the vessels are small and weak; but the sweat breaks out
supra consuetudinem, et modo et tempore, ex toto
beyond custom, both as to quantity and time, from the whole
thorace et cervicibus, atque etiam capite, pedibus et cruribus
thorax and neck, and even over the head, the feet and legs
tantummodo siccioribus et frigentibus. Que est genus acuti morbi.
only being drier and cold. And it is a kind of acute disease.
Prima curatio est imponere supra præcordia cataplasmata,
The first treatment is to place upon the præcordia cataplasms,
quæ reprimant: secunda, prohibere sudorem. Acerbum oleum,
which repress: the second, to prevent the sweating. Bitter oil,
vel rosa, vel melinum, aut myrteum præstat id: aliquo quorum
or rose, or quince, or myrtle oil effects it: with some of which
corpus leniter perungendum; que ceratum ex aliquo horum
the body is to be gently anointed; and a cerate of some of these
est tum imponendum. Si sudor vincit, homo est delinendus
is then to be put on. If the sweating prevails, the man is to be smeared
vel gypso, vel argenti spumâ, vel Cymollâ cretâ;
either with gypsum (plaster of Paris), or with litharge, or Cimolian chalk;
vel etiam respergendus subinde pulvere horum. Pulvis
or even to be sprinkled frequently with the dust of these. The powder
ex contritis foliis aridi myrti vel rubi, præstat idem,
from the bruised leaves of dried myrtle or bramble, effects the same thing,

CAP. XIX. — Cardiaci. — His morbis præcipue contrarium est id genus, quod καρδιακὸν a Græcis nominatur; quamvis sæpe ad eum phrenetici transeunt: siquidem mens in illis labat, in hoc constat. Id autem nihil aliud est, quam nimia imbecillitas corporis, quod, stomacho languente, immodico sudore digeritur. Licetque protinus scire id esse, ubi venarum exigui imbecillique pulsus sunt; sudor autem supra consuetudinem, et modo, et tempore, ex toto thorace, et cervicibus, atque etiam capite prorumpit, pedibus tantummodo et cruribus

siccioribus, atque frigentibus. Acutique morbi genus est. Curatio prima est, supra præcordia imponere, quæ reprimant, cataplasmata: secunda, sudorem prohibere. Id præstat acerbum oleum, vel rosa, vel melinum, aut myrteum: quorum aliquo corpus leniter perungendum, ceratumque ex aliquo horum tum imponendum est. Si sudor vincit, delinendus homo est vel gypso, vel argenti spuma, vel Cimolia creta, vel etiam subinde horum pulvere respergendus. Idem præstat pulvis ex contritis aridi myrti vel rubi foliis, aut ex austeri et boni vini arida

aut ex aridâ facie austeri et boni vini: que sunt plura
or from the dry lees of rough and good wine: and there are many
similia, quæ si desunt, quilibet pulvis ex viâ
like things, which if they are wanting, any dust from the road
injectus est satis utilis. Vero super hæc, quo corpus
put on is sufficiently useful. But besides these, that the body
insudet minus, (æger) debet esse contactus levi veste,
may sweat less, (he) ought to be covered with a light covering,
loco non calido, fenestris patentibus, sic ut aliquis perflatus
in a place not hot, the windows being open, so that some breeze
quoque accedat. Tertium auxilium est succurrere imbecillitati
also may come in. A third remedy is to relieve the weakness
(hominis) jacentis, cibo que vino. Cibus, non multus
of the patient lying down, with food and wine. Food, not much
quidem, est dandus, sed tamen sæpe nocte ac die; ut
indeed, is to be given, but yet often during the night and day; that
nutriat, neque oneret. Is debet esse ex infirmissimâ
it may support, not overload. It ought to be of the weakest
materiâ, et aptus stomacho. Non oportet festinare ad
matter, and fit for the stomach. It does not behoove to hasten to
vinum, nisi si est necesse: si est verendum ne
wine, except when it is necessary: if it is to be feared that
deficiat, tum et intrita ex hoc, et hoc ipsum quidem
he may faint, then both panada (pap) from this, and this itself indeed
austerum, sed tamen tenue, meraculum, egelidum, est dandum
rough, but still light, slightly diluted, lukewarm, is to be given
subinde et liberaliter; polentâ adjectâ, si modo is
frequently and freely; barley meal being added, if provided that
æger assumit parum cibi: que id, vinum, debet esse neque
patient takes little (of) food: and it, wine, ought to be neither
nullarum virium, neque ingentium; que æger recte
of no (too little) strength, nor of great; and the patient will rightly
bibet tres heminas totâ die ac nocte; si corpus est
drink three heminæ during the whole day and night; if the body is
vastius, etiam plus. Si non accipit cibum, convenit perfundere,
larger, even more. If he does not take food, it is proper to bathe him,
ante perunctum, frigidâ aquâ, et tum dare. Quod
previously anointed, with cold water, and then to give it. But
si stomachus resolutus, continet parum, oportet vomere
if the stomach (being) relaxed, retains little, it behooves him to vomit
sponte et ante cibum et post eum; que rursus sumere cibum
freely both before food and after it; and again to take food

facie: pluraque similia sunt, quæ si desunt, satis utilis est quilibet ex via pulvis injectus. Super hæc vero, quo minus corpus insudet, levi veste debet esse contactus, loco non calido, fenestris patentibus, sic, ut perflatus quoque aliquis accedat. Tertium auxilium est, imbecillitati jacentis cibo vinoque succurrere. Cibus non multus quidem, sed sæpe tamen nocte ac die dandus est, ut nutriat, neque oneret. Is esse debet ex infirmissima materiâ, et stomacho aptus. Nisi si necesse est, ad vinum festinare non oportet: si verendum est,

ne deficiat, tum et intrita ex hoc, et hoc ipsum austerum quidem, sed tamen tenue, meraculum, egelidum subinde et liberaliter dandum est; adjecta polenta, si modo is æger parum cibi assumit: idque vinum esse debet, neque nullarum virium, neque ingentium; recteque tota die ac nocte, vel tres heminas æger bibet; si vastius corpus est, plus etiam. Si cibum non accipit, perunctum ante perfundere aqua frigida convenit, et tum dare. Quod si stomachus resolutus parum continet, et ante cibum, et post eum sponte vomere oportet; rursusque

post vomitum. Si id quidem ne manserit, sorbere cyathum
after vomiting. If that even should not remain, to swallow a glass
 vini, que horâ interpositâ, sumere alterum. Si stomachus
of wine, and an hour being interposed, to take another. If the stomach
 reddiderit id quoque, totum corpus est superillinendum contritis
should reject that also, the whole body is to be spread over with pounded
 bulbis; qui, ubi inaruerunt, efficiunt ut vinum contineatur
bulbs; which, when they have dried, cause that the wine may be retained
 in stomacho, que ex eo (vino) (ut) calor redeat toti corpori, que
in the stomach, and from that (that) heat return to the whole body, and
 vis venis. Ultimum auxilium est, indere in alvum
strength to the vessels. The last remedy is, to inject into the belly
 ex inferioribus partibus cremorem ptisanæ vel alicæ, siquidem id
from the lower parts the cream of ptisan or of maize, because that
 quoque tuetur vires. Neque est alienum quoque, admovere
also preserves the strength. Nor is it improper also to apply
 naribus æstuantis quod reficiat, id est rosam et vinum:
to the nostrils of him heated what is refreshing, that is rose oil and wine:
 et, si qua (sc. membra) frigent in extremis partibus, fovere
and, if any things (limbs) are cold in the extreme parts, to foment them
 manibus unctis et calidis. Per quæ si potuimus
with the hands anointed and hot. By which if we have been able
 consequi ut et impetus sudoris minuat, et vita
to accomplish that both the force of the sweating be diminished, and life
 prorogetur, tempus ipsum incipit jam esse præsidio. Ubi videtur
prolonged, time itself begins now to be a protection. When he seems
 esse in tuto, tamen est verendum, ne cito recidat
to be in safety, yet it is to be feared, lest he may quickly relapse
 in eandem imbecillitatem: itaque, vino tantum remoto,
into the same weakness: therefore, the wine only being removed,
 debet quotidie assumere validiorem cibum, donec satis virium
he ought daily to take stronger food, until sufficient (of) strength
 redeat corpori.
return to the body.

CAP. XX.

CHAP. XX.

Lethargici.

Lethargy.

Est alter morbus quoque aliter contrarius phrenitico (sc.
There is another disease also differently opposed to the phrenetic.

post vomitum cibum sumere. Si ne id quidem
 manserit, sorbere vini cyathum, interpositaque
 hora sumere alterum. Si id quoque stomachus
 reddiderit, totum corpus bulbis contritis su-
 perillinendum est; qui, ubi inaruerunt, effici-
 unt, ut vinum in stomacho contineatur, exque
 eo toti corpori calor, venisque vis redeat. Ul-
 timum auxilium est, in alvum ptisanæ vel alicæ
 cremorem ex inferioribus partibus indere:
 siquidem id quoque vires tuetur. Neque alie-
 num est, naribus quoque æstuantis admovere,
 quod reficiat; id est, rosam et vinum: et si

qua in extremis partibus frigent, unctis et ca-
 lidis manibus fovere. Per quæ si consequi
 potuimus, ut et sudoris impetus minuat, et
 vita prorogetur, incipit jam tempus ipsum esse
 præsidio. Ubi in tuto esse videtur, verendum
 tamen est, ne in eandem imbecillitatem cito
 recidat: itaque, vino tantum remoto, quotidie
 validiorem cibum debet assumere, donec satis
 virium corpori redeat.

CAP. XX.—Lethargici.—ALTER quoque morbus
 est, aliter phrenetico contrarius. In eo diffi-

morbo). In eo somnus est difficilior, mens prompta ad
In it sleep is more difficult, the mind ready for
 omnem audaciam: in hoc (est) marcor, et pæne inexpugna-
every boldness: in this (there is) drowsiness, and an almost irresis-
 bilis necessitas dormiendi. Græci nominant λήθαργον (lethargon).
tible necessity of sleeping. The Greeks call it lethargy.
 Atque id quoque est acutum genus, et, nisi succurritur, celeriter
And it also is an acute kind, and, unless it is remedied, quickly
 jugulat. Quidam nituntur subinde excitare hos ægros, iis
destroys. Some endeavour occasionally to rouse these patients, by those (things)
 admotis per quæ sternutamenta evocantur, et iis quæ movent
being applied by which sneezings are produced, also those which rouse
 fædo odore; qualis est cruda pix, succida lana, piper, veratrum,
by the foetid smell; such is crude pitch, greasy wool, pepper, hellebore,
 castoreum, acetum, allium, cepa. Etiam incendunt juxta galbanum,
castor, vinegar, garlick, onion. Also they burn near (them) galbanum,
 aut pilos, aut cervinum cornu: si est non quodlibet aliud.
or hair, or hartshorn: if it is not (at hand) anything else.
 Enim hæc quum comburuntur, movent fædum odorem.
For these things when they are burnt, cause a foetid odour.
 Vero quidam Tharrias dixit id esse malum
But a certain Tharrias has asserted that that was an evil
 accessionis, quæ levare, cum ea (accessio) decessit;
of the accession, and that it was relieved, when it departed;
 itaque eos, qui subinde excitant, male habere
therefore that they, who frequently rouse (them), ill treated (them)
 sine usu. Autem interest æger expergiscatur in
without benefit. But it imports whether the patient awake during
 decessione, an cum febris non levetur, aut eâ quoque
the departure, or when the accession is not abated, or it even
 levatâ somnus urgeat. Nam si expergiscitur, est supervacuum
being abated sleep oppresses. For if he awakes, it is superfluous
 adhibere ei ut sopito: enim neque fit
to apply to him (treat him) as (to) one fast asleep: for neither is he made
 melior vigilando, sed vigilat per se si est melior. Vero
better by waking, but he wakes of himself if he is better. But
 si ei est continens somnus, utique est excitandus, sed iis
if he has constant sleep, certainly he is to be roused, but at those
 temporibus quibus febris est levissima, ut et excernat,
times in which the fever is slightest, that both he may excrete,
 et sumat aliquid. Autem frigida aqua repente infusa
and take something. But cold water suddenly affused

cillor somnus, prompta ad omnem audaciam mens est: in hoc marcor et inexpugnabilis pæne dormiendi necessitas. λήθαργον Græci nominant. Atque id quoque genus acutum est, et nisi succurritur, celeriter jugulat. Hos ægros quidam subinde excitare nituntur, admotis iis, per quæ sternutamenta evocantur, et iis, quæ odore fædo movent; qualis est pix cruda, lana succida, piper, veratrum, castoreum, acetum, allium, cepa. Juxta etiam galbanum incendunt, aut pilos, aut cornu cervinum: si id non est, quodlibet aliud. Hæc enim cum comburuntur, odorem fædum movent.

Tharrias vero quidam, accessionis id malum esse dixit, levareque, cum ea decessit: itaque eos, qui subinde excitant, sine usu male habere. Interest autem, in decessione expergiscatur æger, an, cum febris non levetur, aut levata quoque ea somnus urgeat. Nam si expergiscitur, adhibere ei, ut sopito, supervacuum est: neque enim vigilando melior fit; sed per se, si melior est, vigilate. Si vero continens ei somnus est, utique excitandus est; sed iis temporibus, quibus febris levissima est, ut et excernat aliquid, et sumat. Excitat autem validdissime repente aqua frigida infusa. Post re-

validissime excitat. Post remissionem itaque, perfundendum est
very powerfully rouses. After the remission therefore, we must affuse
 corpus, perunctum multo oleo, per totum caput,
the body, anointed with plenty of oil, all over the whole head downwards,
 tribus aut quatuor amphoris. Sed utemur hoc, si spiritus eri
with three or four amphoræ. But we shall use this, if the breathing shall be
 æqualis ægro, si præcordia mollia: sin hæc
equal (regular) to the patient, if the præcordia be soft: but if these (things)
 erunt aliter, ea, quæ comprehensa sunt supra, (erunt)
shall be otherwise, those, which have been comprehended above, will be
 potiora. Et quidem quod pertinet ad somnum, hæc ratio est
preferable. And indeed as pertains to sleep, this method is
 commodissima. Autem causâ medendi, caput radendum,
most suitable. But for the sake of curing, the head ought to be shaved,
 deinde est fovendum poscâ in quâ laurus aut ruta
then it is to be bathed with diluted vinegar in which laurel or rue
 decocta sit: altero die castoreum imponendum, aut ruta
has been boiled: on the next day castor ought to be put on it, or rue
 contrita ex aceto, aut baccæ lauri, aut hederæ, cum rosâ
bruised with vinegar, or the berries of laurel, or ivy, with rose oil
 et aceto. Sinapi admotum naribus, quæ impositum capiti
and vinegar. Mustard applied to the nostrils, and put upon the head
 ve fronti, præcipue proficit et ad excitandum hominem, et
or the forehead, especially assists both to rouse the man, and
 ad depellendum morbum ipsum. Gestatio etiam prodest in hoc
to drive off the disease itself. Gestation also benefits in this
 morbo, quæ cibis maxime datus opportune, id est in remissione,
disease, and food especially given seasonably, that is in the remission,
 maximâ quantâ poterit inveniri. Autem sorbitio est aptissima
the greatest that shall be able to be found. But gruel is most suitable
 donec morbus incipiat decrescere; sic ut si gravis accessio
until the disease begins to wear away; so that if the severe accession
 est quotidie, hæc detur quotidie; si alternis (sc. diebus),
is daily, this should be given daily; if on alternate days,
 sorbitio post graviorem, aqua mulsa post leviolem. Vinum quoque
the gruel after the severer, hydromel after the slighter. Wine also
 datum cum tempestivo cibo, adjuvat non mediocriter.
given with seasonable food, assists not slightly (in no slight degree).
 Quod si torpor ejûsmodi accessit, post longas febres,
But if torpor of that sort has come on after long continued fevers,
 cetera sunt servanda eadem; autem tribus ve
the other (things) are to be observed the same (alike); but three or

missionem itaque, perunctum oleo multo corpus, tribus aut quatuor amphoris totum per caput perfundendum est. Sed hoc utemur, si æqualis ægro spiritus erit, si mollia præcordia: sin aliter hæc erunt, ea potiora, quæ supra comprehensa sunt. Et, quod ad somnum quidem pertinet, commodissima hæc ratio est. Medendi autem causa, caput radendum; deinde poscâ fovendum est, in qua laurus, aut ruta decocta sit: altero die imponendum castoreum aut ruta ex aceto contrita, aut lauri baccæ, aut hederæ cum rosâ et aceto. Præcipue proficit, et ad excitandum hominem, naribus admotum, et ad morbum ipsum depellendum, capiti frontive impositum sinapi. Gestatio etiam in hoc morbo prodest; maximeque opportune cibis datus, id est, in remissione, quanta maxima inveniri poterit. Aptissima autem sorbitio est, donec morbus decrescere incipiat: sic, ut si quotidie gravis accessio est, hæc quotidie detur: si alternis, post graviorem, sorbitio, post leviolem, mulsa aqua. Vinum quoque cum tempestivo cibo datum non mediocriter adjuvat. Quod si post longas febres ejûsmodi torpor accessit, cetera eadem servanda sunt: ante accessionem autem, tribus

quatuor horis ante accessionem, castoreum mixtum cum scammonia
four hours before the accession, castor mixed with scammonia,
 si veniter est adstrictus, si est non, per se ipsum, est dandum
if the belly is bound, if it is not, by itself, is to be given
 cum aqua. Si præcordia sunt mollia, utendum est plenioribus
with water. If the præcordia are soft, we must use fuller
 cibus; si dura, subsistendum est in iisdem sorbitionibus; que
diet; if hard, we must restrict him to the same gruels; and
 imponendum præcordiis quod simul et reprimat et
we must place on the præcordia what at the same time both represses and
 emolliat.
softens.

CAP. XXI.

CHAP. XXI.

Hydropici.

Dropsical (Patients).

Sed hic, quidem, est acutus morbus. Vero potest (sc. is morbus)
But this, indeed, is an acute disease. But it may
 fieri longus eorum quos aqua inter cutem habet male; nisi
become chronic of them whom water betwixt the skin makes badly; unless
 est discussus primis diebus; Græci vocant ὕδρωπα (hudropa).
it is discussed in the first days; the Greeks call it dropsy.
 Atque sunt tres species ejus. Nam modo, ventre vehementer
And there are three kinds of it. For sometimes, the belly being greatly
 intento, est creber sonus intus ex motu spiritus;
stretched, there is a frequent sound within from the motion of air;
 modo corpus est inæquale, tumoribus orientibus aliter que
sometimes the body is unequal, tumours arising in one place and
 aliter per totum id: modo aqua
in another (in different parts) through the whole (of) it: sometimes the water
 contrahitur intus in uterum, et corpore moto (aqua) movetur
is collected within in the belly, and the body being moved is moved
 ita ut impetus ejus possit conspici. Græci nominarunt primum
so that the impulse of it can be perceived. The Greeks named the first
 τυμπανίτην (tumpaniten,) secundum λευκοφλεγματίαν (leucophlegmatian),
tympanites (tympany, the second leucophlegmatia,
 sive ὑπὸ σάρκα (upo sarca), tertium ἀσκίτην (askiten). Tamen
or anasarca, the third ascites. However

quatuorve horis, castoreum, si venter adstrictus est, mixtum cum scammonia; si non est, per se ipsum cum aqua dandum est. Si præcordia mollia sunt, cibus utendum est plenioribus; si dura, in iisdem sorbitionibus subsistendum; imponendumque præcordiis, quod simul et reprimat et emolliat.

CAP. XXI. — *Hydropici.* — SED hic quidem acutus est morbus. Longus vero fieri potest eorum, quos aqua inter cutem male habet;

nisi primis diebus discussus est: ὕδρωπα Græci vocant. Atque ejus tres species sunt. Nam modo, ventre vehementer intento, creber intus ex motu spiritus sonus est: modo corpus inæquale est, tumoribus aliter aliterque per totum id orientibus: modo intus in uterum aqua contrahitur, et moto corpore ita movetur, ut impetus ejus conspici possit. Primum τυμπανίτην: secundum, λευκοφλεγματίαν, vel ὑπὸ σάρκα: tertium, ἀσκίτην Græci nominarunt. Communis tamen omnium est humoris nimia

nimia abundantia humoris est communis omnium; ob quam (causam)
too great an abundance of humour is common (of) to all; on which account
 ne quidem ulcera sanescunt facile in his ægris. Vero sæpe hoc
not even ulcers heal easily in these patients. But often this
 malum incipit per se; sæpe supervenit alteri vetusto morbo,
malady begins by itself; often it supervenes another old disease,
 que maxime quartanæ. Tollitur facilius in servis quam in
and especially a quartan. It is removed more easily in slaves than in
 liberis: quia, cum desideret famem, sitim, mille alia
free persons: because, since it requires hunger, thirst, a thousand other
 tædia, que longam patientiam, promptius succurritur (imperson.)
inconveniences, and long patience, it is more readily assisted
 iis qui facile coguntur, quam (iis) quibus est (pro habet)
to those who are easily compelled, than (to those) who have
 libertas (quæ est) inutilis. Sed quidem ii, qui sunt sub alio,
liberty (which is) disadvantageous. But even they, who are under another
 si non possunt ex toto temperare
(are not their own masters), if they cannot completely govern
 sibi, ne perducuntur ad salutem. Que ideo non ignobilis
themselves, are not brought to health. And on that account a no ignoble
 medicus, discipulus Chrysiippi, apud regem Antigonum
physician, a disciple of Chrysippus, with king Antigonus
 (sc. commorans ad regium) negavit quendam amicum ejus
(viz. residing at the court) denied that a certain friend of his
 (sc. regis) notæ intemperantiæ, mediocriter implicitum
(the king's) of well known intemperance, (though) slightly affected
 eo morbo, posse sanari. Que cum alter medicus, Philippus
with this disease, could be cured. And when another physician, Philip
 Epirotes, polliceretur se sanaturum (sc. eum;) respondit illum
of Epiros, promised that he would cure him; answered that he
 (Philippum) respicere ad morbum ægri; se
(the former) looked to the disease of the patient; that himself
 (discipulum Chrysiippi) ad animum. Neque res fefellit eum.
to the disposition. Nor did the thing deceive him.
 Enim ille (sc. æger) cum custodiretur summâ diligentia non
For he, although he was watched with the greatest diligence not
 tantummodo medici, sed etiam regis, tamen devorando
only of the physician, but also of the king, nevertheless by devouring
 sua maglamata, et bibendo suam urinam, præcipitavit sese in
his plaisters, and drinking his own urine, precipitated himself into
 exitum. Tamen inter initia curatio est non
destruction. Notwithstanding at the beginning the cure is not

abundantia; ob quam ne ulcera quidem in his ægris facile sanescunt. Sæpe vero hoc malum per se incipit; sæpe alteri vetusto morbo, maximeque quartanæ, supervenit. Facilius in servis, quam in liberis tollitur: quia, cum desideret famem, sitim, mille alia tædia, longamque patientiam, promptius iis succurritur, qui facile coguntur, quam quibus inutilis libertas est. Sed ne ii quidem, qui sub alio sunt, si ex toto sibi temperare non possunt, ad salutem perducuntur. Ideoque non ignobilis medicus, Chrysiippi discipulus, apud Antigonum

regem, amicum quendam ejus, notæ intemperantiæ, mediocriter eo morbo implicitum, negavit posse sanari. Cumque alter medicus Epirotes Philippus se sanaturum polliceretur; respondit, illum ad morbum ægri respicere; se, ad animum. Neque eum res fefellit. Ille enim cum summa diligentia non medici tantummodo, sed etiam regis custodiretur, tamen malagmata sua devorando, bibendoque suam urinam, in exitum sese præcipitavit. Inter initia tamen, non difficillima curatio est, si imperata sunt corpori quies, sitis, inedia: at

difficillima, si quies, sitis, inedia, imperata sunt corpori; at
very difficult, if rest, thirst, fasting, have been enjoined to the body; but
 si malum inveteravit, non discutitur nisi magnâ mole.
if the malady has inveterated, it is not dissipated except with great trouble.

Tamen ferunt Metrodorum, discipulum Epicuri, cum
Nevertheless they relate that Metrodorus, the disciple of Epicurus, when
 tentaretur hoc morbo, neque sustineret æquo animo
he was troubled with this disease, nor did he endure with a patient mind
 necessariam sitim, solitum (esse), ubi abstinuerat diu,
the necessary thirst, was accustomed, when he had abstained a long time,
 bibere, deinde evomere. Quod si quidquid receptum est
to drink, then to vomit it up again. But if whatever has been received

redditur, demit multum tædio: si
is brought up again, it takes away much from the irksomeness: if

retentum est a stomacho, auget morbum; que ideo
it has been retained by the stomach, it increases the disease; and on that account
 est non tentandum in quolibet. Sed si est febris
is not to be tried in every case (indiscriminately). But if there is fever

quoque, hæc in primis est submovenda, per eas rationes per
also, this in the first place is to be removed, by those means by

quas propositum est huic posse succurri: si æger
which it has been laid down that this can be relieved: if the patient

est sine febre, tum demum est veniendum ad ea quæ
is without fever, then at length we must come to those things which

solent mederi morbo ipsi (sc. hydropi). Atque hic quoque
are accustomed to cure the disease itself. And here also

quæcunque species est, si nondum occupavit nimis
whatever the kind is, if it has not yet occupied too much (extended too far)

est opus iisdem auxiliis; ambulandum est multum, currendum
there is need of the same remedies; he ought to walk much, to run

aliquid; superiores partes maxime sunt perfricandæ, sic ut ipse
a little; the upper parts especially are to be rubbed, so that he himself

contineat spiritum; sudor est evocandus, non tantum per exercitationem,
hold in his breath; sweat is to be elicited, not only by exercise,

sed etiam in calidâ arenâ, vel laconico, vel clibano, que
but also in hot sand, or the laconicum, or the clibanum, and

aliis similibus; que naturales et siccæ sudationes, quales
other similar things; and natural and dry sweatings, such as

habemus myrtetis, super Baias, sunt maxime utiles. Balneum
we have in the myrtle groves, above Baiæ, are very serviceable. The bath

atque omnis humor est alienus. Catapotia facta ex
and every (kind of) moisture is improper. Pills made of

si malum inveteravit, non nisi magna mole discutitur. Metrodorum tamen, Epicuri discipulum, ferunt, cum hoc morbo tentaretur, neque æquo animo necessariam sitim sustineret, ubi diu abstinuerat, bibere solitum, deinde evomere. Quod si redditur, quidquid receptum est, multum tædio demit; si a stomacho retentum est, morbum auget: ideoque in quolibet tentandum non est. Sed si febris quoque est, hæc in primis submovenda est per eas rationes, per quas huic succurri posse propositum est: si sine febre æger est, tum demum ad ea ve-

niendum est, quæ ipsi morbo mederi solent. Atque hic quoque quæcunque species est, si nondum nimis occupavit, iisdem auxiliis opus est; multum ambulandum, currendum aliquid est: superiores maxime partes sic perfricandæ, ut spiritum ipse contineat; evocandus est sudor, non per exercitationem tantum, sed etiam in arena calida, vel laconico, vel clibano, similibusque aliis; maximeque utiles naturales, et siccæ sudationes sunt, quales super Baias in myrtetis habemus. Balneum, atque omnis humor alienus est. Jejuno recte catapotia

duabus two	(sc. rationibus) parts	absinthii, of wormwood,	tertiâ with a third	parte part	myrrhæ, of myrrh,
recte are properly	dantur given	jejuno. to him fasting.	Cibus, The food,	quidem, debet indeed, ought	esse ex to be of the
mediâ intermediate	materiâ, matter,	sed tamen but yet	durioris of the harder	generis: kind:	potio est non drink is not
danda to be given	ultra farther	quam than	(sc. quæ necesse sit) what is sufficient	ut that	sustineat vitam; it may support life;
que and	optima the best	est (sc. ea potio) is that	quæ movet which excites	urinam. the urine.	Sed tamen But yet
est it is	melius better	moliri id to attempt that	ipsum cibo, itself by food,	quam than	medicamento. by medicine.
Si If	tamen however	yes the matter	coget, shall urge,	aliquid ex some one of	iis quæ præstant those things which effect
id this	erit will be	decoquendum, to be boiled down,	que ea aqua and that water	danda to be given	potui. for a drink.
Autem But	iris, iris,	nardum, spikenard,	crocum, saffron,	cinnamum, cinnamon,	amomum, casia, myrrha, cardamom, cassia, myrrh,
balsamum, balm of Gilead,	galbanum, galbanum,	ladanum, ladanum,	œnanthe, dropwort,	panaces, all-heal,	cardamomum, cardamom,
hebenus, ebony,	semen seed	cupressi, of the cypress,	videntur seem	habere hanc to possess this	facultatem, power,
uva taminia, staves acre,	Græci the Greeks	nominant call it	σταφίδα ἀγρίαν (staphida agrian),		
abrotonum, southernwood,	folia leaves	rosæ, of the rose,	acorum, sweet flag,	amaræ bitter	nuces, walnuts,
tragoriganum, tragoriganum thyme,	styrax, storax,	costum, spikenard,	semen the seed	quadrati juncti, of the square bulrush,	
et and	rotundi, of the flowering rush,	Græci the Greeks	vocant call	illum the former	κύπειρον (cupeiron),
hunc σχοῖνον (schoinon): quæ quoties posuero non significabo the latter which as often as I shall mention I shall not mean					
quæ what	nascuntur grow	hic, here,	sed but	quæ what	afferuntur inter aromata. are brought amongst the aromatics.
Primo, At first,	tamen, however,	quæ those which	sunt are	levissima ex his, the mildest of these,	id est, rosæ that is, rose
folia, leaves,	vel or	nardi spica, spikenard,	sunt are	tentanda. to be tried.	Austerum vinum quoque est Rough wine also is
utile, serviceable,	sed but	quam tenuissimum. the lightest possible.	Etiam est commodum quotidie Also it is serviceable daily		
metiri to measure	ventrem the belly	lino, with a string,	et and	imponere to place	notam qua a mark where

dantur, facta ex absinthii duabus, myrrhæ tertia parte. Cibus esse debet ex media quidem materia, sed tamen generis durioris: potio non ultra danda est, quam ut vitam sustineat; optimaque est, quæ urinam movet. Sed id ipsum tamen moliri cibo, quam medicamento melius est. Si tamen res coget, ex iis aliquid quæ id præstant, erit decoquendum, eaque aqua potui danda. Videntur autem hanc facultatem habere iris, nardum, crocum, cinnamum, amomum, casia, myrrha, balsamum, galbanum, ladanum, œnanthe, panaces, cardamomum, hebenus, cupressi semen, uva taminia, σταφίδα

ἀγρίαν Græci nominant, abrotonum, rosæ folia, acorum, amaræ nuces, tragoriganum, styrax, costum, juncti quadrati et rotundi semen; illum κύπειρον, hunc σχοῖνον Græci vocant: quæ quoties posuero, non quæ hic nascuntur, sed, quæ inter aromata afferuntur, significabo. Primo tamen, quæ levissima ex his sunt, id est, rosæ folia, vel nardi spica, tentanda sunt. Vinum quoque utile est austerum, sed quam tenuissimum. Commodum est etiam, lino quotidie ventrem metiri, et, qua comprehendit alvum, notam imponere; posteroque die videre, plenius corpus sit, an extenuetur: id enim,

comprehendit alvum; que postero die videre corpus sit
it compasses the belly; and on the next day to see whether the body is
 plenius, an extenuetur: enim id quod extenuatur, sentit medicinam.
larger, or is lessened: for that which is lessened, feels the medicine.
 Neque est alienum metiri et ejus potionem et urinam:
Nor is it beside the purpose to measure both his drink and urine:
 nam si plus humoris excernitur quam assumitur, ita demum est
for if more fluid is excreted than is taken, so at length there is
 spes, secundæ valetudinis. Asclepiades prodidit memoriæ,
hope of good health. Asclepiades has handed down to memory (related),
 se usum (esse) abstinentiâ bidui et frictione, in eo qui
that he used an abstinence of two days and friction, in him who
 deciderat ex quartanâ in hydropa; tertio die dedisse
had fallen from a quartan into a dropsy; on the third day that he gave
 cibum et vinum (sc. ægro), jam liberato et febre et aquâ.
food and wine, to him now freed both from fever and water.
 Hactenus potest præcipi communiter de omni specie: si malum
Thus far it may be ordered in common of every kind: if the malady
 est vehementius, ratio curandi est diducenda. Si ergo est
is more violent, the method of treating is to be divided. If therefore there is
 inflatio, et ex eâ (sc. inflatione) est creber dolor, quotidianus
flatulence, and from it there is frequent pain, daily
 vomitus, aut quoque altero die post cibum, est utilis:
vomiting, or on every other day after food, is serviceable:
 utendum est siccis que calidis fomentis. Si dolor non
we must use dry and hot fomentations. If the pain is not
 finitur per hæc, cucurbitulæ, sine ferro, sunt
terminated by these, the cupping-glasses, without the scarificator, are
 necessaria: si tormentum ne tollitur quidem per has, cutis
necessary: if the pain is not taken away even by these, the skin
 est incidenda, et tum utendum his (sc. cucurbitulis.)
is to be incised, and then we must use them (the cupping-glasses.)
 Ultimum auxilium, si cucurbitulæ profuerunt nihil, est
The last remedy, if the cupping-glasses have availed nothing, is
 infundere copiosam calidam aquam per alvum, que
to inject plenty of hot water through the belly, and
 recipere eam. Quin etiam est opus uti, ter ve quater
to receive it again. Moreover it is necessary to use, three or four times
 quotidie, vehementi frictione cum oleo, et quibusdam calefacientibus:
daily, vehement friction with oil, and some calefacients:
 sed in hac frictione abstinendum est a ventre. Vero sinapi
but in this friction we must keep off from the belly. But mustard

quod extenuatur, medicinam sentit. Neque alienum est, metiri et potionem ejus et urinam: nam si plus humoris excernitur, quam assumitur, ita demum secundæ valetudinis spes est. Asclepiades in eo, qui ex quartana in hydropa deciderat, se abstinentiâ bidui, et frictione usum; tertio die, jam et febre et aqua liberato, cibum et vinum dedisse, memoriæ prodidit.

Hactenus communiter de omni specie præcipi potest: si vehementius malum est, diducenda ratio curandi est. Ergo si inflatio, et ex ea dolor creber est, utilis quotidianus, aut altero

quoque die post cibum, vomitus est: fomentis siccis calidisque utendum est. Si per hæc cucurbitulæ: si ne per has quidem tormentum tollitur, incidenda cutis est, et tum his utendum. Ultimum auxilium est, si cucurbitulæ nihil profuerunt, per alvum infundere copiosam aquam calidam, eamque recipere. Quin etiam quotidie ter quaterve opus est uti frictione vehementi, cum oleo et quibusdam calefacientibus: sed in hac frictione a ventre abstinendum est. Imponendum vero in eum

imponendum crebrius in eum (sc. ventrem), donec erodat
 ought to be put very frequently upon it, until it eat into (corrode)
 cutem; que venter est exulcerandus pluribus locis candentibus
 the skin; and the belly is to be exulcerated in several places with hot
 ferramentis, et ulcera servanda diutius. Etiam cocta scilla
 irons, and the ulcers kept open a long time. Also boiled squill
 delingitur utiliter. Sed diu post
 is licked (used as a linctus) advantageously. But for a long time after
 has inflationes, abstinendum est ab omnibus infantibus.
 these inflations (tympañies), he ought to refrain from all inflating things.
 At si vitium est id, cui est nomen
 But if the disease is that, to which there is (which has) the name
 λευκοφλεγματία (leucophlegmatia), oportet subicere eas partes,
 it is necessary to expose those parts,
 quæ tument soli; sed non nimium, ne incendat febriculam;
 which swell to the sun; but not too much, lest it excite little fever
 si is (sc. sol pro æstu solis) est vehementior, caput est
 (feverishness); if it (the sun) is more intense, the head is
 velandum: que utendum est frictione manibus madefactis tantum
 to be covered: and we must use friction with the hands moistened only
 aquâ, cui sal et nitrum et paulum olei adjectum sit;
 with water, to which salt and nitre and a little oil has been added;
 sic ut aut pueriles aut muliebres manus adhibeantur, quo tactus
 so that either boys' or women's hands be applied, that the touch
 earum sit mollior: que si vires patiuntur, oportet id
 of them may be softer: and if the strength permit, it behooves that
 fieri totâ horâ ante meridiem; semi horâ post
 to be done during a whole hour before noon; for half an hour after
 meridiem. Cataplasmata quæ reprimunt, sunt etiam utilia; que
 noon. Cataplasms which repress, are also useful; and
 maxime si corpora sunt teneriora. Quoque incidendum est
 especially if the bodies are more tender (delicate). Also we must incise
 super talum, ex interiore parte, fere quatuor digitis,
 (scarify) upon the ankle, on the inner side, for almost four fingers,
 quâ (sc. parte) frequens humor feratur per aliquot
 from which an abundant humour should be discharged for some
 dies; atque oportet incidere tumores ipsos altis
 days; and it is necessary to scarify the swellings themselves with deep
 plagis: que corpus est concutiendum multâ gestatione; atque ubi
 incisions: and the body is to be shaken by much gestation; and when
 cicatrices inductæ sunt vulneribus, adjiendum et
 cicatrices have been brought upon the wounds, we must add (increase) both

crebrius sinapi, donec cutem erodat; ferra-
 mentisque candentibus pluribus locis venter
 exulcerandus est, et servanda ulcera diutius.
 Utiliter etiam scilla cocta delingitur. Sed diu
 post has inflationes abstinendum est ab omni-
 bus infantibus.

At si id vitium est, cui λευκοφλεγματία nomen
 est, eas partes, quæ tument, subicere soli opor-
 tet; sed non nimium, ne febriculam incendat:
 si is vehementior est, caput velandum est:
 utendumque frictione, madefactis tantum ma-
 nibus aqua, cui sal et nitrum et olei paulum

sit adjectum; sic, ut aut pueriles aut mulie-
 bres manus adhibeantur, quo mollior earum
 tactus sit: idque si vires patiuntur, ante me-
 ridiem, tota hora; post meridiem, semihora
 fieri oportet. Utilia etiam sunt cataplasmata,
 quæ reprimunt; maximeque si corpora tene-
 riora sunt. Incidendum quoque est super talum,
 quatuor fere digitis, ex parte interiore, qua
 per aliquot dies frequens humor feratur; atque
 ipsos tumores incidere altis plagis oportet:
 concutiendumque multa gestatione corpus est:
 atque, ubi inductæ vulneribus cicatrices sunt,

exercitationibus et cibis, donec corpus revertatur ad pristinum
to the exercises and foods, until the body return to its former
 habitum. Cibus debet esse valens et glutinosus, que maxime
condition. The food ought to be strong and glutinous, and mostly
 caro: vinum, si licet per stomachum, dulcius; sed ita,
flesh: the wine, if it is permitted by the stomach, sweeter; but so,
 ut invicem biduo ve triduo, modo aqua, modo id
that by turns for two or three days, sometimes water, sometimes it
 (vinum) bibatur. Semen marinæ lactucæ, quæ nascitur grandis
wine be drank. The seed of the sea lettuce, which grows large
 juxta mare, datum cum aqua potui, etiam prodest. Si
near the sea, given with water for a drink, is also serviceable. If
 (is) qui accipit id est valens, et cocta scilla, sicut dixi
(he) who takes that is strong, also boiled squills, as I have said
 supra, delingitur. Que auctores sunt multi (qui præcipiunt)
above, is licked (proper as a linctus). And the authors are many (who direct)

tumores esse pulsandos inflatis vesicis.
that the swellings are to be beaten with inflated bladders.
 Vero si est id genus morbi, quo multa aqua contrahitur
But if it is that kind of disease, in which much water is collected
 in uterum, oportet ambulare, sed magis modice; habere
in the belly, it is proper to walk, but more moderately; to have
 malagma impositum, quod digerat; que adstringere id ipsum,
a plaister applied, which disperses; and to bind that itself,
 triplici panno superimposito, fasciâ, non tamen nimium
a three-fold cloth being placed on it, with a bandage, not however too
 vehementer: quod profectum a Tharriâ, video
tightly: which having come (proceeding) from Tharrias, I observe (that it)
 servatum esse a pluribus. Si est manifestum jecur aut
has been adopted by many. If it is manifest that the liver or
 lienem esse affectum, superimponere pinguem ficum contusam,
the spleen is affected, to put upon (the part) a mellow fig bruised,
 melle adjecto. Si venter non siccatur per talia auxilia, sed
honey being added. If the belly is not dried (emptied) by such remedies, but
 humor nihilominus abundat, (convenit) succurrere celeriori
the humour notwithstanding abounds, (it is proper) to relieve by a quicker
 viâ, ut is emittatur per ventrem ipsum. Neque
method, so that it be let out (evacuated) through the belly itself. Nor
 ignoro, hanc viam curandi displicuisse Erasistrato: enim
am I ignorant, that this method of healing displeased Erasistratus: for
 putavit hunc morbum jocinoris: ita illud (jecur) esse
he thought this a disease of the liver: so that it (the liver) was

adijciendum et exercitationibus et cibis, donec corpus ad pristinum habitum revertatur. Cibus valens esse debet, et glutinosus, maximeque caro: vinum, si per stomachum licet, dulcius; sed ita, ut invicem biduo triduoque, modo aqua, modo id bibatur. Prodest etiam lactucæ marinæ, quæ grandis juxta mare nascitur, semen, cum aqua potui datum. Si valens est, qui id accipit, et scilla cocta, sicut supra dixi, delingitur. Auctoresque multi sunt, inflatis vesicis pulsandos tumores esse.

Si vero id morbi genus est, quo in uterum multa aqua contrahitur, ambulare, sed magis

modice oportet; malagma, quod digerat, impositum habere; idque ipsum superimposito triplici panno, fasciâ, non nimium tamen vehementer, adstringere: quod a Tharria profectum, servatum esse a pluribus video. Si jecur, aut lienem affectum esse, manifestum est, ficum pinguem contusam, adjecto melle, superponere. Si per talia auxilia venter non siccatur, sed humor nihilominus abundat, celeriori via succurrere, ut is per ventrem ipsum emittatur. Neque ignoro, Erasistrato displicuisse hanc curandi viam: morbum enim hunc jocinoris putavit: ita illud esse sanandum; frus-

sanandum; que aquam emitti frustra, quæ, illo (jo-
to be cured; and that the water was evacuated in vain, which, it
cinore) vitiat, subinde nascatur. Sed primum,
being diseased, immediately reaccumulates. But in the first place,
hoc est non vitium hujus visceris uniûs; nam fit et
this is not a disease of this viscus alone; for it occurs both
liene affecto, et in malo habitu totius corporis.
from the spleen being affected, and in a bad habit of the whole body.
Deinde, ut cœperit inde, tamen aqua, quæ
Then, though it may have begun from thence, yet the water, which
substitit ibi contra naturam, nisi emittitur, nocet
has settled there against nature (unnaturally), unless it is evacuated, injures
et jecinori et ceteris interioribus partibus. Que convenit
both the liver and the other more internal parts. And it is proper
corpus nihilominus esse curandum. Enim neque humor
that the body nevertheless is to be treated. For neither does the humour
emissus sanat, sed facit locum medicinæ, quam inclusus
(being) drawn off heal, but makes room for medicine, which shut up
intus impedit. Ac illud ne quidem venit in controversiam,
within it hinders. And this does not even come into question,
quin omnes possunt non curari sic in hoc morbo; sed
that all can not be treated so (as above) in this disease; but
robusti juvenes, qui vel carent febre ex toto, vel certe
strong young men, who either are free from fever altogether, or at least
habent satis liberales intermissiones. Nam quorum stomachus
have sufficiently ample intermissions. For (they) of whom the stomach
est corruptus, ve qui deciderunt huc ex atra bile, ve
is corrupted, or who have fallen hither (into this disease) from atra bile, or
qui habent malum habitum corporis, sunt non idonei huic curati-
who have a bad habit of body, are not fit for this treat-
oni (paracentesi abdominis): Autem cibus, die quo humor
ment. But food, on the day on which the humour
primum emissus est, est supervacuum, nisi si vires desunt:
first has been drawn off, is superfluous, unless when the strength are wanting:
insequentibus diebus, et is et quidem meracius vinum, sed non
on the following days, both it and even purer wine, but not
ita multum, debet dari, que æger est paulatim evocandus
very much, ought to be given, and the patient is gradually to be enticed
ad exercitationes, frictiones, solem, sudationes, fatigationes, et
to exercises, frictions, the sun, sweatings, fatigues, and
idoneos cibos, donec ex toto convalescat. Res amat balneum
proper foods, until he is perfectly convalescent. The matter likes the bath

traque aquam emitti, quæ, vitiat illo, subinde nascatur. Sed primum, non hujus visceris uniûs hoc vitium est: nam et liene affecto, et in totius corporis malo habitu fit. Deinde, ut inde cœperit, tamen aqua nisi emittitur, quæ contra naturam ibi substitit, et jecinori, et ceteris interioribus partibus nocet. Convenitque, corpus nihilominus esse curandum. Neque enim sanat emissus humor, sed medicinæ locum facit, quam intus inclusus impedit. Ac ne illud quidem in controversiam venit, quin non omnes in hoc morbo sic curari possint;

sed juvenes robusti, qui vel ex toto carent febre, vel certe satis liberales intermissiones habent. Nam quorum stomachus corruptus est, quive ex atra bile huc deciderunt, quive malum corporis habitum habent, idonei huic curationi non sunt. Cibus autem, quo die primum humor emissus est, supervacuum est, nisi si vires desunt: insequentibus diebus, et is, et vinum meracius quidem, sed non ita multum dari debet, paulatimque evocandus æger est ad exercitationes, frictiones, solem, sudationes, fatigationes, et idoneos cibos, donec ex toto con-

rarum; frequentiorem vomitum in jejuno. Si est æstas,
 seldom; more frequent vomiting whilst fasting. If it is summer,
 est commodum natare in mari. Ubi aliquis convaluit,
 it is advantageous to swim in the sea. When any one has become convalescent,
 tamen usus veneris est diu alienus ei.
 still the practice of venery is for a long time improper for him.

CAP. XXII.

CHAP. XXII.

Species Tabis.
 Species of Consumption.

Tabes sæpe male habet diutius et periculosius eos
 Consumption often afflicts longer and more dangerously those
 quos invasit. Atque hujus quoque sunt plures species.
 whom it has attacked. And of this also there are several kinds.
 Una est (ea) quæ corpus non alitur, et aliquibus
 One is (that) in which the body is not nourished, and some things
 semper decedentibus naturaliter, vero nullis subeuntibus in eorum
 always departing naturally, but none coming into their
 locum, summa macies oritur; et, nisi occurritur,
 place, the greatest emaciation arises; and, unless it is stopped,
 tollit. Græci vocant hanc 'Ατροφίαν (atrophian). Ea
 destroys. The Greeks call it atrophy. It
 consuevit incidere fere de duabus causis. Enim
 has been accustomed to happen commonly from two causes. For
 aliquis aut nimio timore assumit minus, aut nimia
 a person either from too much fear takes less, or from too great
 aviditate plus quam debet; ita vel quod deest, infirmat,
 avidity more than he ought; so either what is wanting, weakens,
 vel quod superat, corrumpitur. Est altera species, quam
 or what is superfluous, is corrupted. There is another kind, which
 Græci appellant καχεξίαν (cachexian): ubi habitus corporis est
 the Greeks call cachexy: when the habit of the body is
 malus; que ideo omnia alimenta corrumpuntur. Quod
 bad; and on that account all (kinds of) aliments are corrupted. Which
 fere fit cum corpora vitata longo morbo, etiamsi
 mostly happens when bodies vitiated by long disease, although
 vacant illo, tamen non accipiunt refectionem; aut
 they are free from it, yet they do not admit of recruiting; or

valescat. Balneum rarum res amat; frequen-
 tiorem in jejuno vomitum. Si æstas est, in
 mari natare commodum est. Ubi convaluit
 aliquis, diu tamen alienus ei veneris usus est.

CAP. XXII.—*Tabis Species.*—DIUTIUS sæpe et
 periculosius tabes eos male habet, quos invasit.
 Atque hujus quoque plures species sunt. Una
 est, qua corpus non alitur, et naturaliter sem-
 per aliquibus decedentibus, nullis vero in eorum

locum subeuntibus, summa macies oritur; et,
 nisi occurritur, tollit. 'Ατροφίαν hanc Græci
 vocant. Ea duabus fere de causis incidere con-
 suevit. Aut enim nimio timore aliquis minus,
 aut aviditate nimia plus, quam debet, assumit
 ita vel, quod deest, infirmat; vel, quod superat
 corrumpitur. Altera species est, quam Græci
 καχεξίαν appellant: ubi malus corporis habitus
 est; ideoque omnia alimenta corrumpuntur.
 Quod fere fit, cum longo morbo vitata corpora,

corpus affectum est malis medicamentis; aut cum
the body has been disordered by improper medicines; or when
necessaria (sc. alimenta, &c.) defuerunt diu: aut
the necessities (of life) have been wanting for a long time: or
cum aliquis assumsit inusitados et inutiles cibos, ve aliquid
when any one has taken unusual and unwholesome foods, or any thing
simile incidit. Præter tabem, illud quoque nonnunquam
similar has happened. Besides consumption, this also sometimes
solet accidere huic, ut summa cutis exasperetur
is accustomed to happen to this person, that the surface of the skin is irritated
per assiduas pustulas, aut ulcera, vel aliquæ partes corporis
by perpetual pustules, or ulcers, or some parts of the body
intumescant. Est tertia que longe periculosissima species,
swell. There is a third and by far the most dangerous kind,
quam Græci nominarunt φθίσιον (Phthisin). Fere oritur
which the Greeks have named It mostly arises
a capite; inde destillat in pulmonem; ulceratio
from the head; from thence it drops down into the lungs; ulceration
accedit huic; levis febricula fit ex hac, quæ etiam
succeeds to this; slight feverishness takes place from this, which even
cum quievit, tamen repetit; est frequens tussis; pus
though it has ceased, nevertheless returns; there is frequent cough; pus
excreatur; interdum aliquid cruentum. Quidquid est
is expectorated; sometimes something bloody. Whatever is
excreatum, si est impositum in ignem, est mali odoris;
expectorated, if it is placed upon the fire, is of a bad smell;
itaque qui dubitant de morbo, utuntur hac notâ.
therefore they who doubt concerning the disease, use this mark.
Cum sint hæc genera tabis, oportet primum
Since there are these kinds of consumption, it behooves first
animadvertere quid (genus) sit in quo laboretur (impers.) Deinde
to consider which (kind) it is in which it is laboured (he is labouring). Then
si corpus videtur tantum non ali, attendere causam ejus; et
if the body seems only not to be nourished, to study the cause of it; and
si aliquis assumsit minus cibi quam debet, adjicere, sed
if a person has taken less food than he ought, to add to it, but
paulatim; ne si oneraverit corpus insuetum subitâ
by degrees; lest if he should oppress the body unaccustomed with a
multitudine impediât concoctionem. Vero si quis
sudden quantity he may hinder digestion. But if a person
solitus est assumere plus justo, (debet) abstinere
has been accustomed to take more than proper, (he ought) to abstain

etiamsi illo vacant, refectionem tamen non accipiunt; aut cum malis medicamentis corpus affectum est; aut cum diu necessaria defuerunt; aut cum inusitados et inutiles cibos aliquis assumsit, aliquidve simile incidit. Huic, præter tabem, illud quoque nonnunquam accidere solet, ut per assiduas pustulas, aut ulcera, summa cutis exasperetur, vel aliquæ corporis partes intumescant. Tertia est, longeque periculosissima species, quam Græci φθίσιον nominarunt. Oritur fere a capite; inde in pulmonem destillat; huic exulceratio accedit; ex hac febricula levis fit, quæ etiam, cum quievit, tamen

repetit; frequens tussis est; pus excreatur; interdum cruentum aliquid. Quidquid excreatum est, si in ignem impositum est, mali odoris est: itaque, qui de morbo dubitant, hæc nota utuntur.

Cum hæc genera tabis sint, animadvertere primum oportet, quid sit, in quo laboretur. Deinde, si tantum non ali corpus apparet, causam ejus attendere; et si cibi minus aliquis, quam debet, assumsit, adjicere, sed paulatim; ne si corpus insuetum subita multitudine oneraverit, concoctionem impediât. Si vero plus justo quis assumere solitus est, abstinere uno

uno die; deinde incipere ab exiguo cibo, adicere quotidie, donec
for one day; then to begin with a little food, to add (to it) daily, until
 perveniat ad justum modum. Præter hæc, convenit ambulare
he come to the proper quantity. Besides these things, it is suitable to walk
 locis quam minime frigidis, sole vitato: exerceri
in places as little cold as possible, the sun being avoided: to be exercised
 per manus quoque; si est infirmior gestari, ungi,
by the (motion of) hands also; if he is weaker to be carried, to be anointed,
 perfricari, si potest, maxime per se ipsum, sæpius eodem die,
to be rubbed, if he can, mostly by himself, very often on the same day,
 et ante cibum et post eum, sic ut interdum quædam
both before food and after it, so that occasionally some
 calefacientia adjiciantur oleo, donec insudet. Que prodest
calefacients be added to the oil, until he sweat. And it is beneficial
 prehendere cutem per multas partes jejuno, et attrahere
to take hold of the skin in many parts while he is fasting, and to pull it
 ut relaxetur; aut subinde facere idem, resinâ impositâ
so that it may be relaxed; or frequently to do the same, by resin placed upon
 et abductâ. Balneum etiam est interdum utile, sed post
and drawn from it. The bath also is sometimes serviceable, but after
 exiguum cibum. Atque aliquid cibi recte assumitur in solio
a slight meal. And some (of) food is properly taken in the solium
 ipso; aut si fuit frictio sine hoc, (sc. balneo) protinus
itself; or if there has been friction without this, (the bath) immediately
 post eam (frictionem). Vero cibi debent esse ex iis (sc. cibis)
after it. But the foods ought to be from those
 qui facile concoquantur, qui alunt maxime. Ergo usus
which are easily digested, which nourish the most. Therefore the use
 vini quoque, sed austeri, est necessarius. Urina (est) movenda.
of wine also, but rough, is necessary. The urine ought to be excited.
 At si habitus corporis est malus, abstinendum est primum;
But if the habit of body is bad, he must abstain at first;
 deinde alvus ducenda, tum paulatim cibi dandi,
then the belly ought to be clystered, then by degrees foods to be given,
 exercitationibus, unctionibus, frictionibus adjectis. Frequens balneum
exercises, inunctions, frictions being added. A frequent bath
 est: utilis his sed jejunis; etiam usque sudorem. Vero
is more serviceable to these but while fasting; even unto sweating. But
 est opus copiosis variis cibis, boni succi, que qui
there is need of abundant various foods, of good juice, and which
 etiam corrumpantur minus facile, austero vino. Si reliqua
also can be corrupted less easily, rough wine. If the remaining (things)

die; deinde ab exiguo cibo incipere; quotidie adicere, donec ad justum modum perveniat. Præter hæc convenit ambulare locis quam minime frigidis, sole vitato; per manus quoque exerceri: si infirmior est, gestari, ungi, perfricari, si potest, maxime per se ipsum, sæpius eodem die, et ante cibum, et post eum, sic, ut interdum oleo quædam calefacientia, donec insudet. Prodestque jejuno prehendere per multas partes cutem, et attrahere, ut relaxetur; aut, imposita resinâ et abducta, subinde idem facere. Utile est etiam interdum balneum, sed post cibum exiguum.

Atque in ipso solio recte cibi aliquid assumitur; aut, si sine hoc frictio fuit, post eam protinus. Cibi vero esse debent ex iis, qui facile concoquantur, qui maxime alunt. Ergo vini quoque, sed austeri, necessarius usus est. Movenda urina.

At si malus corporis habitus est, primum abstinendum est: deinde alvus ducenda; tum paulatim cibi dandi, adjectis exercitationibus, unctionibus, frictionibus. Utilius his frequens balneum est, sed jejunis; etiam usque sudorem. Cibus vero opus est copiosis, variis, boni succi, quique etiam minus facile corrumpantur, vino

proficiunt nihil, sanguis est mittendus; sed paulatim,
benefit nothing, blood is to be let; but by little and little,
 (utendum est exiguis missionibus) que quotidie pluribus diebus, cum
(we must practise small blood-lettings) and daily, for several days, with
 eo ut cetera (auxilia) quoque servantur eodem
this (proviso) that the other (remedies) also be observed in the same
 modo.
manner.

Quod si est plus mali, et est vera phthisis, est
But if there is more mischief, and it is a true phthisis, it is
 necessarium occurrere protinus inter initia; enim neque
necessary to put a stop to it immediately at the commencement; for neither
 est is morbus facile evincitur cum inveteraverit. Est opus,
is that disease easily mastered when it has inveterated. There is need,
 si vires patiuntur, longâ navigatione, mutatione cœli; sic ut
if the strength permit, of a long sea voyage, of a change of air; so that
 densius, quam id est ex quo æger discedit, petatur; que
a denser, than that is from which the patient departs, be sought; and
 ideo itur (ab ægris impers. aptissime ex
on that account they go (the sick expressed impersonally) very properly from
 Italia Alexandriam. Que fere corpus debet posse pati id
Italy to Alexandria. And generally the body ought to be able to bear that
 inter principia, cum hic morbus maxime oritur firmissimâ
at the beginning, since this disease mostly arises at the strongest
 ætate, id est ab duodevicesimo anno ad quintum et tricesimum
age, that is from the eighteenth year to the five and thirtieth
 annum. Si imbecillitas non sinit id, tamen est commodissimum
year. If weakness does not permit that, yet it is most advantageous
 gestari non longe nave: si aliqua res prohibet navigationem,
to be carried not far in a ship: if any thing hinders a sea voyage,
 corpus est movendum lecticâ, vel alio modo. Tum
the body is to be exercised in a sedan, or in some other manner. Then
 abstinendum est a negotiis, que omnibus rebus quæ possunt
he must refrain from business, and all things which can
 sollicitare animum: indulgendum somno: destillationes cavendæ,
disturb the mind: indulge in sleep: catarrhs are to be guarded against,
 si cura levarit quid, ne exasperent; et ob
that if care should have abated any thing, they do not exasperate it; and on
 id, cruditas est vitanda, que simul et sol
account of that, crudity is to be avoided, and at the same time both the sun
 et frigus: os obtegendum; fauces velandæ,
and cold: the mouth is to be covered; the throat to be wrapped up,

astero. Si nihil reliqua proficiunt, sanguis mittendus est; sed paulatim, quotidie pluribus diebus, cum eo, ut cetera quoque eodem modo servantur.

Quod si mali plus est, et vera phthisis est, inter initia protinus occurrere necessarium est: neque enim facile is morbus, cum inveteraverit, evincitur. Opus est, si vires patiuntur, longa navigatione, cœli mutatione, sic ut densius quam id est, ex quo discedit æger, petatur: ideoque aptissime Alexandriam ex Italia itur. Fereque id posse inter principia

corpus pati debet, cum hic morbus ætate firmissima maxime oritur, id est, ab anno duodevicesimo ad annum quintum et tricesimum. Si id imbecillitas non sinit, nave tamen non longe gestari commodissimum est: si navigationem aliqua res prohibet, lectica, vel alio modo corpus movendum est. Tum a negotiis abstinendum est, omnibusque rebus, quæ sollicitare animum possunt; somno indulgendum; cavendæ destillationes, ne, si quid cura levarit, exasperent; et ob id vitanda cruditas, simulque et sol et frigus; os obte-

tussicula finienda suis remediis: et, quidem,
any little cough to be terminated by its (proper) remedies: and, indeed,
 quamdiu febricula incursat, medendum huic interdum abstinentiâ,
so long as feverishness attacks, we must treat it sometimes by abstinence,
 interdum etiam tempestivis cibis; que eo tempore (sc. febric. incursion.)
sometimes even by seasonable food; and at that time
 aqua bibenda. Lac quoque, quod in doloribus capitis,
water (is) to be drank. Milk also, which in pains of the head,
 et in acutis febribus, et nimia siti facta per eas, ac,
and in acute fevers, and the too great thirst caused by them, likewise,
 sive præcordia tument, sive urina est biliosa, sive sanguis
if the præcordia swell, or the urine is bilious, or blood
 fluxit, est pro veneno; tamen potest recte dari in
has flowed, is as poison; nevertheless may be rightly given in
 phthisi, sicut in omnibus longis que difficilibus febriculis. Quod si
phthisis, as also in all chronic and difficult fevers. But if
 febris aut nondum incursat, aut jam remisit, decurrendum est
the fever either does not as yet attack, or has now remitted, we must resort
 ad modicas exercitationes, que maxime ambulationes; item lenes
to moderate exercises, and especially walkings; likewise gentle
 frictiones. Balneum est alienum. Cibus debet esse primo
frictions. The bath is improper. The food ought to be at first
 acer, ut allium, porrum, que id ipsum ex aceto, vel intubus,
sharp, as garlic, leek, and that itself with vinegar, or endive,
 ocimum, lactuca ex eodem; deinde lenis, ut sorbitio ex
basil royal, lettuce with the same; afterwards light, as gruel of
 ptisanâ, vel ex alicâ, vel ex amylo, lacte adjecto. Oryza quoque,
ptisan, or of maize, or of starch, milk being added. Rice also,
 et si est nihil aliud, far præstat idem. Tum
and if there is nothing else, oatmeal effects the same. Then
 utendum est. invicem modo his cibis, modo illis:
we must use by turns sometimes the latter foods, sometimes the former:
 que quædam adjicienda ex mediâ materiâ, que
and some (things) to be added from the intermediate matter, and
 præcipue ex primâ vel cerebellum, vel pisciculus, que
especially of the first either the cerebellum, or little fish, and
 similia his. Etiam farina mixta cum ovillo ve caprino
similar things to these. Also meal mixed with mutton or goat
 sevo, deinde incocta, est pro medicamento. Leve austerum
suet, then boiled, is for medicine. Light rough
 vinum debet assumi. Hactenus pugnatur (impers. ponitur)
wine ought to be taken. Hitherto it is contended

gendum, fauces velandæ, tussicula suis remediis finienda: et, quamdiu quidem febricula incursat, huic interdum abstinentia, interdum etiam tempestivis cibis medendum; eoque tempore bibenda aqua. Lac quoque, quod in capitis doloribus, et in acutis febribus, et per eas facta nimia siti, ac, sive præcordia tument, sive biliosa urina est, sive sanguis fluxit, pro veneno est; in phthisi tamen, sicut in omnibus longis difficilibusque febriculis, recte dari potest. Quod si febris aut nondum incursat, aut jam remisit, decurrendum est ad modicas exercitationes, maximeque ambulationes; item

lenes frictiones. Balneum alienum est. Cibus esse debet primæ acer, ut allium, porrum, idque ipsum ex aceto, vel ex eodem intubus, ocimum, lactuca; deinde lenis, ut sorbitio ex ptisanâ, vel ex alicâ, vel ex amylo, lacte adjecto. Idem oryza quoque, et, si nihil aliud est, far præstat. Tum invicem modo his cibis, modo illis utendum est; adjiciendaque quædam ex mediâ materiâ, præcipueque vel ex primâ cerebellum, vel pisciculus, et his similia. Farina etiam cum sevo ovillo caprinove mixta, deinde incocta, pro medicamento est. Vinum assumi debet leve, austerum. Hactenus non

non magnâ mole: si noxa est vehementior, ac neque
 with no great difficulty: if the injury is greater, and neither
 febricula, neque tussis quiescit, que corpus apparet
 the feverishness, nor the cough abates, and the body appears
 tenuari, est opus validioribus auxiliis. Exulcerandum est
 to be wasted, there is need of more powerful remedies. We must exulcerate
 (sc. cutem) ferro candenti, uno loco sub mento, / altero in
 with a hot iron, in one place under the chin, in another in
 gutture, duobus ad utramque mammam; item sub imis
 the throat, in two in each breast; likewise under the inferior
 ossibus scapularum, quas Græci vocant ὁμοπλάτας
 (parts of) the bones of the scapulae, which the Greeks call
 (homoplatas), sic ne sinamus ulcera sanescere, nisi
 so that we do not suffer the ulcers to heal, unless
 tussis finitâ: esse medendum (nobis) cui quoque per se,
 the cough being ended: that we ought to treat which also by itself
 est manifestum. Tunc extremæ partes perfricandæ
 (specially), is manifest. Then the extreme parts to be rubbed
 vehementer ter ve quater die, thorax pertractandus levi
 strongly three or four times a day, the thorax to be handled with a light
 manu, hora intermittenda post cibum, et crura que brachia
 hand, an hour to be interposed after food, and the legs and arms
 perfricanda: denis diebus interpositis, æger est demittendus
 to be rubbed: ten days being interposed, the patient is to be let down
 in solium, in quo sit calida aqua et oleum:
 into the solium, in which there should be hot water and oil:
 aqua (est) bibenda ceteris diebus; tum vinum est dandum potui,
 water (is) to be drank on the other days; then wine is to be given for drink,
 frigidum, si est non tussis, si est, egelidum. Est utile
 cold, if there is not cough, if there is, lukewarm. It is useful
 etiam cibos dari quotidie in remissionibus: frictiones et
 also that food be given daily in the remissions: that frictions and
 gestationes adhiberi similiter: (se) sumere acria eadem
 gestations be applied in like manner: (that he) take sharp things the same
 quarto aut quinto die; (se) interdum esse herbam-sanguinalem
 on the fourth or fifth day; (that he) sometimes eat blood-wort
 ex aceto vel plantaginem. Etiam vel succus plantaginis per
 out of vinegar or plantain. Also either the juice of plantain by
 se est medicamentum, vel marrubii incoctus cum melle; ita
 itself is a remedy, or of horehound boiled with honey; so
 ut cyathus illius sorbeatur, cochleare plenum hujus
 that a cup of that (the former) may be swallowed, a spoon full of this

magna mole pugnatur: si vehementior noxa est, ac neque febricula, neque tussis quiescit, tenuarique corpus apparet, validioribus auxiliis opus est. Exulcerandum est ferro candenti, uno loco sub mento, altero in gutture, duobus ad mammam utramque; item sub imis ossibus scapularum, quas ὁμοπλάτας Græci vocant, sic, ne sanescere ulcera sinamus, nisi tussis finita: cui per se quoque medendum esse, manifestum est. Tunc ter quaterve die vehementer extremæ partes perfricandæ, thorax levi manu pertractandus, post cibum intermittenda hora, et per-

fricanda crura, brachiaque: interpositis denis diebus, demittendus est æger in solium, in quo sit aqua calida et oleum: ceteris diebus bibenda aqua; tum vinum, si tussis non est, potui frigidum dandum; si est, egelidum. Utile est etiam in remissionibus quotidie cibos dari: frictiones gestationesque similiter adhiberi: eadem acria quarto, aut quinto die sumere: interdum herbam sanguinalem ex aceto, vel plantaginem esse. Medicamentum est etiam vel plantaginis succus per se, vel marrubii cum melle incoctus; ita ut illius cyathus sorbeatur,

delingatur paulatim; vel dimidia pars resinæ
(the latter) may be licked up gradually; or a half part of resin
 terebinthinæ, altera pars butyri et mellis mixta inter
of turpentine, the other part of butter and of honey mixed among
 se, et incocta. Tamen præcipua ex omnibus
themselves (together), and boiled. Nevertheless the chief of all
 his sunt victus, vehiculum, et navis, et sorbitio. Cita
these are food, carriage exercise, and sailing, and gruel. A quick
 alvus est utique vitanda. Frequens vomitus in hoc morbo
belly is especially to be avoided. Frequent vomiting in this disease
 est perniciosus, que maxime sanguinis. Qui cœpit esse
is pernicious, and especially of blood. He who has begun to be
 meliuscûlus, debet adjicere exercitationes, frictiones, cibos: deinde
something better, ought to add to (increase) his exercises, frictions, food: then
 ipse spiritu suppresso, perfricare se; diu
he himself his breath being suppressed, to rub himself; for a long time
 abstinere a vino, balneo, venere.
to abstain from wine, from the bath, venery.

CAP. XXIII.

CHAP. XXIII.

Comitialis Morbus.

Comitial Disease (Epilepsy).

Inter notissimos morbos, est etiam is, qui nominatur
Among the most known diseases, is also that, which is named
 comitalis, vel major (epilepsia.) Homo subito concidit; spumæ
comitial, or the greater (epilepsy.) The person suddenly falls down; foam
 moventur ex ore; deinde tempore interposito, redit ad
are excited from his mouth; then a time being interposed, he returns to
 se, et ipse consurgit per se. Id genus occupat viros
himself, and he rises by himself. This kind attacks men
 sæpius quam feminas. Ac etiam solet esse quidem longum
oftener than women. And also it is accustomed to be even chronic
 usque ad diem mortis, et non periculosum vitæ; tamen
quite unto the day of death, and not dangerous to life; nevertheless
 interdum cum est recens, consumit hominem: et sæpe, si remedia
sometimes when it is recent, it destroys a man: and often, if remedies
 non sustulerunt, initium veneris in pueris, menstruorum in
have not removed it, the beginning of venery in boys, of menstruation in

hujus cochleare plenum paulatim delingatur; vel inter se mixta, et incocta resinæ terebinthinæ pars dimidia, butyri et mellis pars altera. Præcipua tamen ex his omnibus sunt victus, vehiculum, et navis, et sorbitio. Alvus cita utique vitanda est. Vomitus in hoc morbo frequens, perniciosus est, maximeque sanguinis. Qui meliusculus esse cœpit, adjicere debet exercitationes, frictiones, cibos: deinde ipse se, suppresso spiritu, perfricare; diu abstinere a vino, balneo, venere.

CAP. XXIII.—*Morbus Comitialis.*—INTER notissimos morbos est etiam is, qui comitalis, vel major nominatur. Homo subito concidit; ex ore spumæ moventur; deinde interposito tempore ad se redit, et per se ipse consurgit. Id genus sæpius viros, quam feminas, occupat. Ac solet quidem etiam longum esse, usque ad mortis diem, et vitæ non periculosum; interdum tamen cum recens est, hominem consumit: et sæpe eum, si remedia non sustulerunt, in pueris veneris, in puellis menstruorum initium

puellis, <i>girls,</i>	tollit <i>removes</i>	eum. <i>it.</i>	Modo <i>Sometimes</i>	aliquis <i>a person</i>	prolabitur <i>falls down</i>	cum <i>with</i>
distentione <i>stretching</i>	nervorum, <i>of the tendons (convulsions),</i>		modo <i>sometimes</i>	sine illa. <i>without it.</i>	Quidam <i>Some</i>	
quoque <i>also</i>	conantur <i>endeavour</i>	excitare <i>to rouse</i>	hos, <i>these,</i>	iisdem (sc. auxiliis) <i>by the same means</i>	quibus <i>by which</i>	
(excitare conantur) <i>they excite</i>	lethargicos: <i>lethargics:</i>	quod est <i>which is</i>	admodum <i>very</i>	supervacuum; <i>superfluous;</i>	et <i>both</i>	
quia <i>because</i>	lethargicus <i>the lethargic</i>	quidem <i>even</i>	ne sanatur <i>is not cured</i>	his <i>by these</i>	(sc. auxiliis); <i>means;</i>	et <i>and</i>
quia <i>because</i>	cum <i>though</i>	ille <i>the former</i>	possit <i>may</i>	nunquam <i>never</i>	expergisci, <i>awake,</i>	atque ita <i>and so</i>
fame, <i>from hunger,</i>	hic <i>the latter</i>	utique <i>certainly</i>	revertitur <i>returns</i>	ad se. <i>to himself.</i>	Ubi <i>When</i>	aliquis <i>a person</i>
concidit, <i>falls down,</i>	si nulla <i>if no</i>	distensio <i>convulsion</i>	nervorum <i>of the tendons</i>	accessit, <i>has come on,</i>	sanguis <i>blood</i>	debet <i>ought</i>
utique <i>certainly</i>	mitti: si <i>to be let: if</i>	accessit, <i>it has come on,</i>	utique <i>certainly</i>	est non mittendus, <i>it is not to be let,</i>	nisi <i>unless</i>	
alia <i>other things</i>	quoque <i>also</i>	hortantur. <i>encourage it.</i>	Autem <i>But</i>	est <i>it is</i>	necessarium <i>necessary</i>	ducere <i>to clyster</i>
alvum, <i>the belly,</i>	vel purgare <i>or to cleanse</i>	nigro <i>with black</i>	veratro, <i>hellebore,</i>	vel <i>or</i>	facere utrumque, <i>to do both,</i>	si <i>if</i>
vires <i>the strength</i>	patiuntur: tunc <i>permit it: then</i>	tondere <i>to clip</i>	caput, <i>the head,</i>	que <i>and</i>	perungere oleo <i>to anoint with oil</i>	et <i>and</i>
aceto; <i>vinegar;</i>	post tertium diem, <i>after the third day,</i>	dare cibum, <i>to give food,</i>	simul <i>as soon as</i>	hora <i>the hour</i>	transiit <i>has passed</i>	
quâ <i>in which</i>	concidit. <i>he fell down.</i>	Autem <i>But</i>	neque <i>neither</i>	sorbitiones <i>gruels</i>	que alii molles et <i>and other soft and</i>	
faciles cibi, <i>easy foods,</i>	neque <i>nor</i>	caro, que <i>flesh, and</i>	minime <i>least of all</i>	suilla <i>pork</i>	convenit his, <i>suits these persons,</i>	
sed <i>but</i>	mediæ <i>the intermediate</i>	materiæ: nam <i>matters: for</i>	est <i>there is</i>	et opus <i>both need</i>	viribus, <i>of strength,</i>	and
cruditates <i>crudities</i>	sunt <i>are</i>	cavendæ. <i>to be avoided.</i>	Cum quibus <i>With which</i>	oportet <i>it behooves</i>	fugere solem, <i>to avoid the sun,</i>	
balneum, <i>the bath,</i>	ignem, <i>fire,</i>	que omnia <i>and all</i>	calefacientia; <i>heating things;</i>	item <i>likewise</i>	frigus, vinum, <i>cold, wine,</i>	
venerem, <i>venery,</i>	conspectum <i>the sight</i>	præcipitis <i>of a steep</i>	loci, que <i>place, and</i>	omnium <i>of all</i>	terrentium, <i>terrifying things,</i>	
vomitum, <i>vomiting,</i>	lassitudinem, <i>weariness,</i>	solicitudines, <i>anxieties,</i>	omnia <i>all</i>	negotia. <i>business.</i>	Ubi <i>When</i>	cibus <i>food</i>
datus est <i>has been given</i>	tertio <i>on the third</i>	die <i>day</i>	(debet) <i>(he ought)</i>	intermittere <i>to omit</i>	quartum, <i>the fourth,</i>	et <i>and</i>

tollit. Modo cum distentione nervorum prolabitur aliquis, modo sine illa. Quidam hos quoque iisdem, quibus lethargicos, excitare conantur: quod admodum supervacuum est; et quia ne lethargicus quidem his sanatur; et quia, cum possit ille nunquam expergisci, atque ita fame interire, hic ad se utique revertitur. Ubi concidit aliquis, si nulla nervorum distensio accessit, utique sanguis mitti debet: si accessit, non utique mittendus est, nisi alia quoque hortantur. Necessarium autem est, ducere alvum, vel nigro veratro purgare,

vel utrumque facere, si vires patiuntur: tunc caput tondere, oleoque et aceto perungere; cibum post diem tertium, simul transiit hora, qua concidit, dare. Neque sorbitiones autem his, alique molles et faciles cibi, neque caro, minimeque suilla convenit; sed mediæ materiæ: nam et viribus opus est, et cruditates cavendæ sunt. Cum quibus fugere oportet solem, balneum, ignem, omniaque calefacientia; item frigus, vinum, venerem, loci præcipitis conspectum, omniumque terrentium, vomitum, lassitudinem, sollicitudines, negotia omnia.

quemque alterum invicem, eâdem horâ cibi servatâ, donec
every other by turns (alternate), the same hour of food being observed, until
 quatuordecem dies transeant. Quos (sc. dies quatuordecem) ubi morbus
fourteen days pass over. Which when the disease
 excessit, deposuit vim acuti (sc. morbi:) ac, si
has passed, it has put off the violence of an acute disease:) and, if
 manet, est jam curandus ut longus. Quod si medicus
it remains, it is now to be treated as a chronic. But if the physician
 non accessit die quo id (sc. hominem concidisse) primum
has not attended on the day in which that (that the man fell down) first
 incidit, sed is, qui consuevit cadere, traditus est ei;
happened, but he, who has been accustomed to fall, has been delivered to him;
 protinus habito eo genere victûs, qui comprehensus est
having immediately prescribed that kind of diet, which has been comprised
 supra, dies quo prolatur est expectandus; que tum
above, the day on which he may fall down is to be waited for; and then
 utendum est vel missione sanguinis, vel ductione alvi,
we must practise either letting of blood, or clystering of the belly,
 vel nigro veratro, sicut præceptum est; deinde insequentibus diebus,
or black hellebore, as has been directed; then on the following days,
 est nutriendus per eos cibos, quos proposui, omnibus
he is to be supported by those foods, which I have mentioned, all those things
 vitatis quæ dixi esse cavenda. Si morbus
being avoided which I have said were to be avoided. If the disease
 non fuerit finitus per hæc, erit (nobis) confugiendum
should not be terminated by these (remedies), we shall be obliged to have recourse
 ad album veratrum; ac utendum eo quoque ter aut quater, non
to white hellebore; and to use it also three or four times, not
 ita multis diebus interpositis; sic tamen, ne unquam sumat
very many days being interposed; so however, that he never take it
 iterum, nisi conciderit. Autem mediis
a second time, unless he shall have fallen down. But on the intermediate
 diebus ejûs vires erunt nutriendæ; quibusdam, præter
days his strength will be to be supported; certain things, besides
 ea quæ scripta sunt supra, adjectis. Ubi expectatus est
those which have been written above, being added. When he has awoke
 mane, ejûs corpus leniter permulceatur ex vetere oleo,
in the morning, his body should be gently anointed with old oil,
 ventre cum capite excepto: tum utatur ambulatione
the belly with the head being excepted: then he should use walking
 quâm maxime longâ et rectâ: post ambulationem,
as long as possible and straight (in a straight direction): after walking,

Ubi tertio die cibus datus est, intermittere quartum, et invicem alterum quemque, eadem hora cibi servata, donec quatuordecim dies transeant. Quos ubi morbus excessit, acuti vim deposuit: ac, si manet, curandus jam ut longus est. Quod si, non quo die primum id incidit, medicus accessit, sed is, qui cadere consuevit, ei traditus est; protinus eo genere victus habito, qui supra comprehensus est, expectandus est dies, quo prolatur; utendumque tum vel sanguinis missione, vel ductione alvi, vel nigro veratro, sicut præceptum est: insequentibus deinde diebus, per eos cibos, quos

proposui, vitatis omnibus, quæ cavenda dixi, nutriendus est. Si per hæc morbus finitus non fuerit, confugiendum erit ad album veratrum; ac ter quoque aut quater eo utendum, non ita multis interpositis diebus; sic tamen, ne iterum unquam sumat, nisi conciderit. Mediis autem diebus vires ejus erunt nutriendæ; quibusdam, præter ea, quæ supra scripta sunt, adjectis. Ubi mane expectatus est, corpus ejus leniter ex oleo vetere, cum capite excepto ventre, permulceatur: tum ambulatione quam maxime longa et recta utatur: post ambulationem loco tepido vehementer et diu, ac non

perfricetur vehementer tepido loco et diu, ac
he should be rubbed briskly in a warm place and for a long time, and
 non minus ducenties, nisi erit infirmus; deinde multa
not less than two hundred times, unless he shall be weak; then much
 frigida aqua perfundatur per caput; assumat paulum
cold water should be poured upon the head; he should take a little
 cibi; conquiescat: rursus utatur ambulatione ante noctem:
food; he should rest: again he should use walking before night:
 vehementer perfricetur iterum, sic ut neque venter
he should be strongly rubbed a second time, so that neither his belly
 neque caput contingatur; post hæc cœnet; que tribus aut
nor his head be touched; after these he should sup; and three or
 quatuor diebus interpositis, assumat acria uno aut
four days being interposed, he should take sharp things for one or
 altero (die. Si ne liberatus fuerit quidem per hæc,
two (days together.) If he should not have been freed even by these
 radat caput: ungatur vetere oleo, aceto
(remedies), he should shave his head: he should be anointed with old oil, vinegar
 et nitro adjecto; perfundatur salsâ aquâ; jejunos
and nitre being added; he should be affused with salt water; fasting
 bibat castoreum ex aquâ; utatur nullâ aquâ,
he should drink castor with water; should use no water,
 nisi decoctâ, causâ potionis. Quidam epoto calido
except boiled, for the sake of drink. Some having drank the hot
 sanguine jugulati gladiatoris liberarunt se tali morbo;
blood of a slain gladiator have freed themselves from such a disease;
 apud quos miserius malum fecit miserum auxilium tolerabile.
with whom the more miserable evil made a miserable remedy tolerable.
 Vero quod pertinet ad medicum, ultimum (sc. auxilium) est
But as pertains to the physician, the last (remedy) is
 mittere paulum sanguinis ex utroque crure, juxta talum; incidere
to draw a little blood from each leg, near the ankle; to incise
 occipitium, et admovere cucurbitulas; adurere duobus locis
the occiput, and to apply the cupping-glasses; to burn in two places
 candenti ferro in occipitio, et quoque infra, qua summa
with a hot iron in the occiput, and also beneath, where the highest (first)
 vertebra committitur cum capite, ut perniciosus humor
vertebra is articulated with the head, that the pernicious humour
 evadat per ea (sc. loca). Quibus si malum non fuerit
may escape by them. By which (remedies) if the evil should not be
 finitum, est prope ut sit perpetuum. Ad levandum
terminated, it is well nigh that it may be permanent. To lessen

minus ducenties, nisi infirmus erit, perfricetur: deinde per caput multa aqua frigida perfundatur; paulum cibi assumat; conquiescat: rursus ante noctem ambulatione utatur: iterum vehementer perfricetur, sic ut neque venter, neque caput contingatur: post hæc cœnet; interpositisque tribus aut quatuor diebus, uno aut altero acria assumat. Si ne per hæc quidem fuerit liberatus, caput radat: ungatur oleo vetere, adjecto aceto et nitro; perfundatur aqua salsa; bibat jejunos ex aqua castoreum; nulla aqua, nisi decocta, potionis causa utatur.

Quidam jugulati gladiatoris calido sanguine epoto tali morbo se liberarunt: apud quos miserum auxilium tolerabile miserius malum fecit. Quod ad medicum vero pertinet, ultimum est, juxta talum, ex utroque crure paulum sanguinis mittere; occipitium incidere, et cucurbitulas admovere; ferro candenti in occipitio quoque et infra, qua summa vertebra cum capite committitur, adurere duobus locis, ut per ea perniciosus humor evadat. Quibus si finitum malum non fuerit, prope est, ut perpetuum sit. Ad levandum id, tantummodo utendum

id, tantummodo utendum erit multâ exercitatione, frictione, que iis
 it, we shall only use much exercise, friction, and those
 cibis qui comprehensi sunt supra; que omnia præcipue
 foods which have been comprehended above; and all things to be especially
 vitanda, quæ excepiamus ne fiant.
 avoided, which we have determined should not be done.

CAP. XXIV.

CHAP. XXIV.

Regius Morbus.

Royal Disease (Jaundice).

Morbus, quem interdum nominant arquatam,
 The disease, which sometimes they name coloured as the rainbow,
 interdum regium (icterum spectat,) est æque notus. Quem
 sometimes royal (the jaundice,) is equally known. Which
 Hippocrates ait, si supervenit post septimum diem, ægro
 Hippocrates says, if it supervenes after the seventh day, the patient
 febricitante, esse tutum, præcordiis tantummodo substantibus
 being sick of a fever, that it is safe, the præcordia only remaining
 mollibus: Diocles, ex toto, si oritur (icterus) post febrem,
 soft; Diocles, wholly, if it arises after fever,
 etiam prodesse; si febris (supervenit) post hunc
 that it even benefits; if the fever (happens) after it
 (sc. icterum) (eum) occidere. Autem color detegit eum
 (the jaundice) (that it) destroys. But the colour detects this
 morbum, maxime oculorum, in quibus, quod debet esse album,
 disease, especially of the eyes, in which, what ought to be white,
 fit luteum. Que et sitis solet accedere, et dolor
 becomes yellow. And both thirst is accustomed to succeed, and pain
 capitis, et frequens singultus, et durities præcordiorum
 of the head, and frequent hiccup, and hardness of the præcordia
 dextrâ parte, et, ubi motus corporis est vehemens, difficultas
 on the right side, and, when the motion of the body is violent, difficulty
 spiritus, que resolutio membrorum: atque, ubi morbus
 of breathing, and resolution of the limbs (paralysis): and, when the disease
 manet diutius, totum corpus inalbescit, cum quodam pallore.
 continues longer, the whole body grows white, with a certain paleness.
 Oportet ægrum abstinere primo die; secundo ducere
 It behooves that the patient abstain on the first day; on the second to clyster

erit exercitatione multa, frictione, cibisque
 iis, qui supra comprehensi sunt: præcipueque
 vitanda omnia, quæ ne fiant, excepiamus.

CAP. XXIV.—*Morbus Regius.*—ÆQUE notus est
 morbus, quem interdum arquatam, interdum
 regium nominant. Quem Hippocrates ait, si
 post septimum diem febricitante ægro super-
 venit, tutum esse, mollibus tantummodo præ-
 cordiis substantibus: Diocles, ex toto, si post
 febrem oritur, etiam prodesse; si post hunc

febris, occidere. Color autem eum morbum
 detegit, maxime oculorum, in quibus, quod al-
 bum esse debet, fit luteum. Soletque accedere
 et sitis, et dolor capitis, et frequens singultus,
 et præcordiorum dextra parte durities, et, ubi
 corporis vehemens motus est, spiritus difficul-
 tas, membrorumque resolutio: atque, ubi diu-
 tius manet morbus, totum corpus cum pallore
 quodam inalbescit. Primo die abstinere ægrum
 oportet; secundo ducere alvum: tum, si febris
 est, eam victus genere discutere; si non est,

alvum: tum si est febris, discutere eam genere victus;
the belly: then if there is fever, to dispel it by the kind of food

si est non, dare scammoniam potui, vel albam
(by diet): if there is not, to give scammony for drink, or white

betam contritam cum aquâ, vel cum aquâ mulsâ, amaras nuces,
beet bruised with water, or with hydromel, bitter walnuts,

absinthium, anisum, sic ut pars hujus sit minima.
wormwood, anise, so that the portion of the latter be the smallest.

Asclepiades cogebat bibere salsam aquam quoque, et quidem
Asclepiades forced them to drink salt water also, and even

per biduum, causâ purgationis, iis quæ movent urinam
during two days, for the sake of purging, those things which promote the urine

rejectis. Quidam, superioribus omissis, dicunt se
being rejected. Some, the things above being omitted, say that they

consequi idem, per hæc et per eos cibos qui
effect the same (purpose), by the latter and by these foods which

extenuant. Utique ego præfero validiora, si est satis
extenuate. Certainly I prefer the stronger, if there is sufficiency

virium; si parum, imbecilliora auxilia. Si fuit purgatio,
of strength; if not, the weaker remedies. If there has been purging,

oportet (sc. ægrum) primo triduo post eam, assumere cibum
it behooves for the first three days after it, to take food

modice ex mediâ materiâ, et bibere salsum Græcum
moderately of the middle sort, and to drink salt Greek

vinum, ut resolutio ventris maneat: tum
wine, that the resolution of the belly may continue: then

altero triduo validiores cibos, et quoque esse aliquid carnis,
for the next three days stronger food, and also to eat some flesh,

que manere intra aquam: deinde reverti ad superius genus victus,
and to keep to water: then to return to the former kind of diet,

cum eo ut magis satietur; Græco vino omissis,
with this (proviso) that he be more satiated; the Greek wine being omitted,

bibere integrum austerum (sc. vinum;) atque ita variare
to drink pure (unmixed) rough wine; and thus to change

per hæc, ut interdum quoque interponat acres cibos,
through these things, so that sometimes also he interpose sharp foods,

interdum redeat ad salsum vinum. Vero per omne tempus
sometimes return to the salt wine. But during the whole time

utendum est exercitatione, frictione, si est hiems, balneo; si
he must use exercise, friction, if it is winter, the bath; if

æstas, frigidis natationibus: etiam cultiore lecto et conclavi,
summer, cold swimmings: also a neater bed and chamber,

scammoniam potui dare, vel cum aqua betam
albam contritam, vel cum aqua mulsâ nuces
amaras, absinthium, anisum, sic ut pars hujus
minima sit. Asclepiades aquam quoque sal-
sam, et quidem per biduum, purgationis causa
bibere cogebat, iis, quæ urinam movent, re-
jectis. Quidam, superioribus omissis, per hæc,
et per eos cibos, qui extenuant, idem se conse-
qui dicunt. Ego utique, si satis virium est,
validiora; si parum, imbecilliora auxilia præ-
fero. Si purgatio fuit, post eam triduo primo
modice cibum oportet assumere ex mediâ ma-
teria, et vinum bibere Græcum salsum, ut re-

solutio ventris maneat: tum altero triduo vali-
diores cibos, et carnis quoque aliquid esse, in-
traque aquam manere: deinde ad superius
genus victus reverti, cum eo, at magis satietur;
omisso Græco vino bibere integrum, austerum;
atque ita per hæc variare, ut interdum acres
quoque cibos interponat, interdum ad salsum
vinum redeat. Per omne vero tempus utendum
est exercitatione, frictione; si hiems est, bal-
neo; si æstas, frigidis natationibus; lecto etiam,
et conclavi cultiore, lusi, joco, ludis, lascivia,
per quæ mens exilaretur: ob quæ regius mor-
bus dictus videtur. Malagma quoque, quod

lusu, joco, ludis, lasciviâ, per quæ mens exhilaretur:
pastime, jests, sports, playfulness, by which things the mind is enlivened:
 ob quæ videtur dictus regius morbus. Quoque malagma
on account of which it seems called the royal disease. , Also a plaister
 quod digerat, datum super præcordia prodest; vel arida
which can discuss, placed upon the præcordia benefits; or a dried
 ficus imposita ibi, si jecur aut lienis est affectus.
fig applied there, if the liver or the spleen is affected.

CAP. XXV.

CHAP. XXV.

*Elephantiasis.**Elephantiasis.*

Autem is morbus quem Græci vocant ἐλεφαντίασιν (elephantiasin)
But that disease which the Greeks call (elephant's leg ?)
 (lepra ?) frequentissimus in quibusdam regionibus, est pene ignotus
very frequent in certain countries, is almost unknown
 in Italiâ; que is adnumeratur longis (sc. morbis) totum
in Italy; and it is reckoned among the chronic diseases: the whole
 corpus afficitur, ita ut ossa quoque dicantur vitari.
body is affected so that the bones also may be said to be diseased.
 Summa pars corporis habet crebras maculas, que crebros tumores:
The surface of the body has frequent spots, and frequent tumours:
 rubor earum convertitur paulatim in atrum colorem; summa
the redness of them is turned gradually into a black colour; the surface of
 cutis inæqualiter crassa, tenuis, dura, que mollis, exasperatur
the skin unequally thick, thin, hard, and soft, is roughened
 quasi quibusdam squamis; corpus emacrescit, os, suræ,
as it were with certain scales; the body emaciates, the mouth, the legs,
 pedes, intumescunt: ubi morbus est vetus, digiti in manibus
the feet, - swell: when the disease is old, the fingers on the hands
 que pedibus conduntur sub tumore, febricula
and feet (the fingers and toes) are hidden under the swelling, feverishness
 oritur, quæ facile consumit hominem obrutum tot malis.
arises, which easily destroys a person overwhelmed by so many evils.
 Ergo, protinus inter initia sanguis debet mitti per
Therefore, immediately at the beginning blood ought to be let for
 biduum, aut venter solvi nigro veratro: tum inedia,
two days, or the belly to be relaxed by black hellebore: then fasting,
 quanta potest sustineri, est adhibenda; deinde vires
as much as can be borne, is to be practised; then the strength

digerat, super præcordia datum prodest; vel arida ibi ficus imposita, si jecur aut lienis affectus est.

CAP. XXV. — *Elephantiasis.* — IGNOTUS autem pæne in Italia, frequentissimus in quibusdam regionibus is morbus est, quem ἐλεφαντίασιν Græci vocant; isque longis adnumeratur. Totum corpus afficitur ita, ut ossa quoque vitari dicantur. Summa pars corporis crebras maculas crebrosque tumores habet: rubor

earum paulatim in atrum colorem convertitur; summa cutis inæqualiter crassa, tenuis, dura, mollisque, quasi squamis quibusdam exasperatur; corpus emacrescit, os, suræ, pedes intumescunt: ubi vetus morbus est, digiti in manibus pedibusque sub tumore conduntur, febricula oritur, quæ facile tot malis obrutum hominem consumit. Protinus ergo inter initia sanguis per biduum mitti debet, aut nigro veratro venter solvi: adhibenda tum, quanta sustineri potest, inedia est: paulum deinde

reficiendæ paulum, alvus ducenda; post hæc, ubi
to be recruited a little, the belly to be clystered; after these things, when
 corpus levatum est, utendum est exercitatione, que præcipue
the body has been eased, he must use exercise, and especially
 cursu: sudor (est) evocandus primum labore corporis
running: sweat (is) to be elicited at first by the labour of the body
 ipsius, deinde etiam siccis sudationibus: frictio est adhibenda: que
itself, afterwards even by dry sweatings: friction is to be used: and
 moderandum inter hæc ut vires conserventur. Balneum
we must manage between these that the strength may be preserved. The bath
 debet esse rarum; cibus sine pinguibus, sine glutinosis, sine
ought to be rare; the food without fat, without glutinous, without
 infantibus; vinum, præterquam primis diebus, recte datur.
inflating (things); wine, except on the first days, is rightly given.
 Plantago contrita et illita videtur tueri corpus optime.
Plantain bruised and spread over seems to defend the body best of all

CAP. XXVI.

CHAP. XXVI.

Attoniti.
 Apoplectics.

Quoque raro videmus attonitos, quorum et corpus et
Also we seldom see astounded (persons), of whom both the body and
 mens stupet. Interdum fit ictu fulminis;
the mind is senseless. Sometimes it is caused by the stroke of a thunderbolt;
 interdum morbo: Græci appellant hunc (morbum) ἀποπληξίαν
sometimes by disease: the Greeks call it apoplexy.
 (apoplexian). Sanguis est mittendus his; quoque utendum albo
Blood is to be let from these; also we must use white
 veratro, vel ductione alvi. Tum frictions adhibendæ, et
hellebore, or clystering of the bowels. Then frictions to be used, and
 cibi ex mediâ materiâ, minime pingues; quidam etiam
foods of the intermediate sort, by no means fat; some even
 acres; et abstinendum (sc. ægro) a vino.
sharp; and he must abstain from wine.

vires reficiendæ, et ducenda alvus: post hæc, ubi corpus levatum est, utendum est exercitatione, præcipueque cursu: sudor primum labore ipsius corporis, deinde etiam siccis sudationibus evocandus: frictio adhibenda: moderandumque inter hæc, ut vires conserventur. Balneum rarum esse debet; cibus sine pinguibus, sine glutinosis, sine infantibus: vinum, præterquam primis diebus, recte datur. Corpus contrita plantago et illita optime tueri videtur.

CAP. XXVI. — *Attonici.* — ATTONITOS quoque raro videmus, quorum et corpus et mens stupet. Fit interdum ictu fulminis, interdum morbo: ἀποπληξίαν hunc Græci appellant. His sanguis mittendus est: veratro quoque albo, vel alvi ductione utendum. Tum adhibendæ frictions, et ex mediâ materia minime pingues cibi; quidam etiam acres; et a vino abstinendum.

CAP. XXVII.

CHAP. XXVII.

Resolutio Nervorum.
Relaxation of the Nerves and Tendons (Apoplexy—Paralysis).

1. At resolutio nervorum (apoplexia paralysis) est ubique frequens
But resolution of the nerves and tendons is every where a frequent
morbus: sed interdum infestat tota corpora, interdum partes.
disease: but sometimes it attacks the entire body, sometimes parts.
Veteres auctores nominaverunt illud ἀποπληξίαν (apoplexian),
The ancient authors named the former apoplexy,
hoc παράλυσιν (paralusin); video utrumque nunc appellari
the latter paralysis; I see that both now are called
παράλυσιν (paralusin). Autem qui vehementer resoluti sunt per
paralysis. But they who are violently palsied in
omnia membra solent rapi celeriter, ac si
all (their) limbs are accustomed to be carried off quickly, and if
non sunt correpti, vivunt quidem diutius; sed tamen
they are not carried off, they live indeed for a long time; but nevertheless
raro perveniunt ad sanitatem, et plerumque trahunt
they seldom come to health, and generally they drag on
miserum spiritum, memoriâ quoque amissâ. Vero est nunquam
a wretched existence, their memory also being lost. But it is never
acutus morbus in partibus, sæpe longus, fere sanabilis. Si omnia
an acute disease in parts, often chronic, mostly curable. If all the
membra sunt vehementer resoluta, detractio sanguinis vel occidit
limbs are violently palsied, letting of blood either kills
vel liberat: aliud genus curationis vix unquam restituit
or cures: another kind of treatment scarcely ever restores
sanitatem, sæpe tantum differt mortem, interim infestat vitam.
health, it often only delays death, in the mean time wears life.
Post missionem sanguinis si et motus et mens
After the letting of blood if both (voluntary) motion and mind
non redit, nihil spei superest: si redit, sanitas
(consciousness) does not return, no hope remains: if it returns, health
quoque prospicitur. At ubi pars resoluta est, vel sanguis est
also is in view. But when a part is palsied, either blood is
mittendus, vel alvus ducenda, pro vi
to be let, or the belly to be clystered, according (in proportion) to the strength

CAP. XXVII. — *Nervorum Resolutio.* — 1. At resolutio nervorum frequens ubique morbus est: sed interdum tota corpora, interdum partes infestat. Veteres auctores illud ἀποπληξίαν, hoc παράλυσιν nominaverunt: nunc utrumque παράλυσιν appellari video. Solent autem, qui per omnia membra vehementer resoluti sunt, celeriter rapi: ac si correpti non sunt, diutius quidem vivunt; sed raro tamen ad sanitatem perveniunt, et plerumque miserum spiritum trahunt, memoria quoque amissa. In partibus vero nunquam acutus, sæpe longus, fere sanabilis morbus est. Si omnia membra vehementer resoluta sunt, sanguinis detractio vel occidit, vel liberat: aliud curationis genus vix unquam sanitatem restituit, sæpe mortem tantum differt, vitam interim infestat. Post sanguinis missionem, si non redit et motus et mens, nihil spei superest; si redit, sanitas quoque prospicitur. At ubi pars resoluta est, pro vi et malo corporis, vel sanguis mittendus, vel alvus ducenda. Cetera eadem

et malo corporis. Cætera sunt facienda eadem in
 and disease of the body. The other things are to be done the same in
 utroque casu: siquidem præcipue convenit vitare frigus; que
 each case: forasmuch as it particularly suits to avoid cold, and
 revertendum est paulatim ad exercitationes, sic ut ipse protinus
 he must return gradually to exercises, so that he himself forthwith
 ingrediatur, si potest. Si imbecillitas crurum prohibet id, vel
 should walk, if he can. If weakness of the legs hinders that, either
 gestetur, vel concutiatu[m] motu lecti: tum id
 he should be carried, or shaken by the motion of the bed: then that
 membrum quod deficit, moveatur, si potest, per se; sin
 limb which fails, should be moved, if it can, by itself; but if
 minus, per alium, et redeat ad suam consuetudinem
 not, by another person, and it should return to its custom
 quâdam vi. Etiam exasperasse summam
 (former position) with some force. Also to have irritated the surface of
 cutem torpentis membri prodest, vel cæsam urticis, vel
 the skin of the paralysed limb benefits, either beaten with nettles, or
 sinapi imposito, sic ut ubi corpus cœperit rubere,
 mustard being applied, so that when the body shall have begun to grow red,
 hæc removeantur. Quoque contrita scilla, que contriti bulbi
 they be removed. Also bruised squills, and bruised bulbous roots
 cum thure, recte imponuntur. Neque est alienum vellere
 with frankincense, are properly applied. Nor is it improper to pull
 cutem resinâ quoque tertio die diutius, etiam pluribus locis;
 the skin with resin every third day for a long time, even in many places:
 aliquando admovere cucurbitulas sine ferro. Vero vetus
 sometimes to apply the cupping-glasses without the scarificator. But old
 oleum est aptissimum unctioni, vel nitrum admixtum aceto
 oil is most fitted for inunction, or natron mixed with vinegar
 et oleo. Quinetiam est magnopere necessarium fovere calidâ
 and oil. Moreover it is essentially necessary to foment with warm
 marinâ aquâ, vel si ea est non, tamen salsâ (sc. aquâ.)
 sea water, or if that is not (at hand), yet with salt (water.)
 Ac si loco quo sunt vel naturales vel manufactæ
 And if in a place in which there are either natural or artificial
 natationes, utendum iis potissimum; que membra præcipue
 swimming baths, he ought to use them chiefly; and the limbs especially
 quæ deficiunt, agitanda in his: si id non est
 which fail, ought to be moved in these: if that is not (at hand)
 tamen balneum prodest. Cibus debet esse ex mediâ
 still the bath benefits. The food ought to be (to consist) of the intermediate

in utroque casu facienda sunt: siquidem vitare præcipue convenit frigus; paulatimque ad exercitationes revertendum est, sic, ut ingrediatur ipse protinus, si potest: si id crurum imbecillitas prohibet, vel gestetur, vel motu lecti concutiatu[m]: tum id membrum, quod deficit, si potest, per se; sin minus, per alium moveatur, et vi quâdam ad consuetudinem suam redeat. Prodest etiam torpentis membri summam cutem exasperasse, vel urticis cæsam, vel imposito sinapi, sic ut, ubi rubere cœperit corpus, hæc removeantur. Scilla quoque contrita, bulbique contriti cum thure recte im-

nuntur. Neque alienum est, resina cutem tertio quoque die diutius vellere, pluribus etiam locis; aliquando sine ferro cucurbitulas admovere. Uctioni vero aptissimum est vetus oleum, vel nitrum aceto et oleo admixtum. Quin etiam fovere aqua calida marina, vel, si ea non est, tamen salsa, magnopere necessarium est. Ac si quo loco vel naturales, vel etiam manufactæ tales natationes sunt, iis potissimum utendum est; præcipueque in his agitanda membra, quæ maxime deficiunt: si id non est, balneum tamen prodest. Cibus esse debet ex media materia, maximeque ex

materiâ, que maxime, ex venatione; potio calidæ aquæ
sort, and for the most part, of game; the drink of warm water
 sine vino: si tamen morbus est vetus, salsum Græcum
without wine: if however the disease is old, salt Greek
 vinum potest interponi quarto vel quinto die causâ
wine may be interposed on the fourth or fifth day for the sake
 purgationis. Vomitus post cœnam est utilis.
of a purge. Vomiting after dinner is serviceable.
 2. Vero interdum dolor nervorum etiam solet oriri. In
But sometimes pain of the nerves also is accustomed to arise. In
 hoc casu expedit non vomere, non movere urinam
this case it is expedient not to vomit, not to excite urine
 medicamentis, non sudorem exercitatione, ut quidam præcipiunt. Aqua
by medicines, nor sweat by exercise, as some direct. Water
 est bibenda bis die: corpus est perfricandum leniter in lectulo,
is to be drank twice a day: the body is to be rubbed gently in bed,
 satis diu, spiritu deinde retento: in
a tolerably long time, the breath being afterwards kept in: during
 exercitatione ipsâ superiores partes potius movendæ:
the exercise itself the upper parts in preference are to be moved:
 utendum balneo raro: mutandum cœlum subinde,
he must use the bath but seldom: he must change the climate occasionally,
 peregrinationibus. Si est dolor, ea pars ipsa sine oleo, est
by travelling. If there is pain, that part itself without oil, is
 perungenda nitro ex aquâ, deinde involvenda, que
to be anointed with natron from water, then to be wrapped up, and
 lenis pruna et sulphur subjiçienda, atque ita id est
a warmish coal and sulphur to be put under it, and so it is
 suffumigandum: que id faciendum aliquamdiu, sed jejuno, cum
to be fumigated: and that (is) to be done for some time, but while fasting, when
 jam bene concoxerit. Cucurbitulæ quoque sunt
already he (shall) have well digested. Cupping-glasses also are
 admovendæ sæpe dolenti parti, que is locus est pulsandus
to be frequently applied to the painful part, and that place is to be beaten
 leniter inflatis bubulis vesicis. Est etiam utile miscere
gently with inflated or bladders. It is also serviceable to mix
 sebum cum contritis seminibus hyoscyami et urticæ, sic ut
suet with the bruised seeds of henbane and nettles, so that
 sit par modus omnium, que imponere id; fovere
there may be an equal measure of each, and to apply that; to foment
 aquâ in quâ sulphur decoctum sit. Utriculi quoque repleti
with water in which sulphur has been boiled. Small bottles also filled

venatione; potio, sine vino, aquæ calidæ: si
 tamen vetus morbus est, interponi quarto vel
 quinto die purgationis causa vinum Græcum
 salsum potest. Post cœnam utilis vomitus est.

2. Interdum vero etiam nervorum dolor oriri
 solet. In hoc casu non vomere, non medica-
 mentis urinam movere, non exercitatione su-
 dorem, ut quidam præcipiunt, expedit. Bi-
 benda aqua est bis die: in lectulo leniter
 satis diu corpus perfricandum est, deinde re-
 tento spirita: ab ipsa exercitatione potius
 superiores partes movendæ: balneo raro uten-
 dum: mutandum subinde peregrinationibus

cœlum. Si dolor est, ea ipsa pars sine oleo,
 nitro ex aqua perungenda est; deinde invol-
 venda, et subjiçienda pruna lenis, et sulphur,
 atque ita id suffumigandum: idque aliquamdiu
 faciendum, sed jejuno, cum bene jam con-
 coxerit. Cucurbitulæ quoque sæpe dolenti
 parti admovendæ sunt, pulsandusque leniter
 inflatis vesicis bubulis is locus est. Utile est
 etiam sebum miscere cum hyoscyami et urticæ
 contritis seminibus, sic, ut omnium par modus
 sit, idque imponere: fovere aqua, in qua sul-
 phur decoctum sit. Utriculi quoque recte im-
 ponuntur aqua calida repleti, aut bitumen cum

aquâ calidâ recte imponuntur, aut bitumen mixtum cum
with warm water are properly applied, or mineral pitch mixed with
 hordenceâ farinâ. Atque potissimum utendum est vehementi gestatione
barley meal. And especially we must practise violent gestation
 in dolore ipso: quod aliis doloribus est pessimum.
during the pain itself: which in other pains is the very worst thing.

3. Autem tremor nervorum intenditur æque vomitu que
But tremor of the nerves is increased equally by vomiting and
 medicamentis moventibus urinam. Etiam habet balnea inimica, que
by medicines exciting the urine. Also it has baths injurious, and
 assas sudationes. Aqua est bibenda: utendum acri ambulatione;
dry sweatings. Water is to be drank: he must use quick walking;
 item unctionibus que frictionibus, maxime per se ipsum: superiores
likewise inunctions and frictions, mostly by himself: the upper
 partes dimovendæ pilâ que similibus: utendum
parts ought to be exercised by the ball and similar things: he must use
 quolibet cibo dummodo studeatur (impers. pon.) utique concoctioni;
any food provided that regard be paid especially to digestion:
 secundum cibum abstinendum curis; utendum est venere rarissimâ.
next after food he must refrain from care; he must use venery very seldom.
 Si quando quis prolapsus est in eam, tum debet perfricari
If at any time a person has resorted to it, then he ought to be rubbed
 leniter que diu oleo in lectulo, puerilibus manibus potius
gently and for a long time with oil in bed, with boys' hands rather
 quam virilibus.
than men's.

4. Autem ubi suppuraciones quæ oriuntur in aliquâ interiore
But when the suppurations which arise in some interior
 parte, fuerint notæ, primum oportet agere id per ea
part, shall (have been) be known, first it behooves to treat that by those
 cataplasmata quæ reprimunt, inutilis coitus materiæ
cataplasms which repel, that an injurious collection of matter
 ne fiat; deinde, si hæc victa sunt; ut dissipetur
do not take place; then, if these have been overcome; that it may be dissipated
 per ea malagmata quæ digerunt. Quod si non consecuti sumus
by those plaisters which disperse. Which if we have not effected
 (sc. propositum) sequitur ut evocetur: deinde ut
(our purpose) it follows that it be called forth: afterwards that
 maturescat. Tum finis omnis vomicæ est, ut rumpatur: que
it mature. Then the end of every vomica is, that it be broken: and
 indicium est, pus redditum vel alvo vel ore. Sed
the sign is, pus discharged either by the belly or the mouth. But

hordencea farina mixtum. Atque in ipso potissimum dolore, utendum gestatione vehementi est: quod in aliis doloribus pessimum est.

3. Tremor autem nervorum æque vomitu medicamentisque urinam moventibus intenditur. Inimica etiam habet balnea, assasque sudationes. Bibenda aqua est: acri ambulatione utendum; item unctionibus, frictionibusque, maxime per se ipsum: pile, similibusque superiores partes dimovendæ: cibo quolibet utendum, dummodo concoctioni utique studeatur: secundum cibum, curis abstinendum;

rarissima venere utendum est. Si quando quis in eam prolapsus est, tum oleo leniter diuque in lectulo perfricari manibus puerilibus potius, quam virilibus, debet.

4. Suppuraciones autem, quæ in aliqua interiori parte oriuntur, ubi notæ fuerint, primum id agere oportet per ea cataplasmata, quæ reprimunt, ne coitus inutilis materiæ fiat; deinde, si hæc victa sunt, per ea malagmata, quæ digerunt, ut dissipetur. Quod si consecuti non sumus, sequitur, ut evocetur: deinde, ut maturescat. Omnis tam vomicæ finis est, ut rumpatur: indiciumque est, pus vel alvo vel

oportet facere nihil quo minus (sc. puris) excedat quam quidquid
it behooves to do nothing that less escape than whatever

sit puris. Que utendum est maxime sorbitionibus et
there be of pus. And we must use for the most part gruels and

calidâ aquâ. Ubi pus desiit ferri transeundum quidem
warm water. When pus has ceased to be discharged he must pass indeed

ad faciles, sed tamen validiores et frigidos cibos, que frigidam aquam,
to easy, but yet stronger and cold foods, and cold water,

sic ut tamen initium fiat ab egilidis. Que
so that nevertheless the beginning may be made with lukewarm. And

primo quædam edenda cum melle, ut pinei nuclei, vel
at first some (things) (are) to be eaten with honey, as pine nuts, or

Græcæ nuces, vel avellanæ: postea id ipsum submovendum, quo
almonds, or filberts: afterwards that itself is to be removed, that

cicatrix possit induci maturius. Eo tempore medicamentum
a cicatrix may be induced sooner. At this stage the medicine

ulceri est, succus vel porri vel marrubii assumtus,
for the ulcer is, the juice either of leek or of horehound taken (internally),

et porrum ipsum adjectum omni cibo. Autem oportebit
and leek itself added to every kind of food. But it will behoove

uti frictionibus in his partibus quæ non afficiuntur; item
to use frictions in those parts which are not affected; also

lenibus ambulationibus: que vitandum erit sanescentia ulcera
gentle walkings: and he will have to take care that the healing ulcers

ne exasperentur vel luctando, vel currendo, vel aliâ
be not irritated either by wrestling, or by running, or by any

ratione; enim in hoc morbo vomitus sanguinis est perniciosus,
other means; for in this disease vomiting of blood is pernicious,

que ideo cavendus omni modo.
and therefore to be guarded against in every manner.

ore redditum. Sed nihil facere oportet, quo minus, quidquid est puris, excedat. Utendum maxime sorbitionibus est, et aqua calida. Ubi pus ferri desiit, transeundum ad faciles quidem, sed tamen validiores et frigidos cibos, frigidamque aquam, sic ut ab egelidis tamen initium fiat. Primoque cum melle quædam edenda, ut nuclei pinei, vel Græcæ nuces, vel Avellanæ: postea submovendum id ipsum, quo maturius induci cicatrix possit. Medica-

mentum eo tempore ulceri est, succus assumtus vel porri vel marrubii, et omni cibo porrum ipsum adjectum. Oportebit autem uti in his partibus, quæ non afficiuntur, frictionibus; item ambulationibus lenibus: vitandumque erit, ne vel luctando, vel currendo, vel alia ratione sanescentia ulcera exasperentur. In hoc enim morbo perniciosus, ideoque omni modo cavendus sanguinis vomitus est.

LIBER QUARTUS. BOOK THE FOURTH.

CURATIO MORBORUM PARTIUM.
CURE OF THE DISEASES OF PARTS.

CAP. I. CHAP. I.

Interiores Sedes Corporis.
Internal Situations of the Body.

Hactenus ea genera morborum reperiuntur, quæ sunt ita in
Hitherto those kinds of diseases are found, which are so in (so
totis corporibus, ut certæ sedes possint non assignari
occupy) the entire body, that certain seats cannot be assigned
his (sc. morbis): nunc dicam de his (generibus) quæ
to them: now I shall speak concerning those which
sunt in partibus. Autem morbi que curationes omnium interiorum
are in parts. But the diseases and cures of all the internal ones
venient facilius in notitiam, si
will come more easily into knowledge (will be more easily understood), if
prius ostendero breviter sedes eorum. Igitur caput,
first* I shall shew (describe) briefly the seats of them. Therefore the head,
que ea quæ sunt in ore, terminantur non tantummodo
and those things which are in the mouth, are bounded not only
linguâ que palato; sed etiam quatenus sunt exposita
by the tongue and palate; but also so far as (by whatever) are exposed
nostris oculis. Grandes venæ, quæ nominantur σφαγιτιδες
to our eyes. Large veins, which are named jugulars,
(sphagitides), (sunt) circa guttur, in dextrâ que sinistra; que
(are) about the throat, on the right and left; and
item arteriæ, quas vocant καρωτιδας (karotidas), procedentes
likewise arteries, which they call carotids, proceeding

LIBER QUARTUS.—*Morborum Partium Curatio.*

CAP. I.—*Interiores Corporis Sedes.*—HACTENUS reperiuntur ea genera morborum, quæ in totis corporibus ita sunt, ut his certæ sedes assignari non possint: nunc de his dicam, quæ sunt in partibus. Facilius autem omnium interiorum morbi curationesque in notitiam venient,

si prius eorum sedes breviter ostendero. Caput igitur, eaque, quæ in ore sunt, non lingua tantummodo palatoque terminantur; sed etiam, quatenus oculis nostris exposita sunt. In dextra sinistraque circa guttur venæ grandes, quæ σφαγιτιδες nominantur; itemque arteriæ, quæ καρωτιδας vocant, sursum procedentes ultra aures feruntur. At in ipsis cervicibus glandulæ positæ

sursum, feruntur ultra aures. At glandulæ sunt positæ in
upwards, are borne beyond the ears. But small glands are placed in
 cervicibus ipsis, quæ (glandulæ) interdum intumescunt cum dolore.
the neck itself, which sometimes swell with pain.

Deinde duo itinera incipiunt: nominant alterum (iter) asperam
Then two passages commence: they name the one the aspera

arteriam; alterum stomachum. Arteria (quæ est)
arteria (rough artery); the other the gullet (œsophagus). The artery (which is)

exterior fertur ad pulmonem; stomachus interior ad
more external is borne to the lungs; the œsophagus more internal to
 ventriculū: illa recipit spiritum, hic cibum. Quibus
the stomach: the former receives (admits) the air, the latter the food. To which

cum sint diversæ viæ, quæ coeunt, est exigua lingua
since there are different ways, which meet, there is a small tongue

in arteriâ, sub faucibus ipsis: quæ, cum
(epiglottis) in the windpipe, under the fauces themselves: which, when

spiramus, attollitur; cum assumimus cibum que potionem, claudit
we breathe, is raised up; when we take food and drink, shuts up

arteriam. Autem arteria ipsa, dura et cartilaginosa,
(closes) the artery. But the artery itself, hard and cartilaginous,

assurgit in gutture; ceteris partibus residit.
rises up (is prominent) in the throat; in other parts it sits back.

Constat ex quibusdam circulis, compositis ad imaginem
It consists of certain circles (rings), composed (formed) to the image

earum vertebrarum, quæ sunt in spinâ: ita tamen,
(likeness) of those vertebra, which are in the spine: so however,

ut sit aspera ex exteriori parte; lævis ex interiori, modo
that it is rough on the outer side; smooth on the inner, after the manner

stomachi: que ea (sc. arteria), descendens ad præcordia,
of the windpipe: and it, descending to the præcordia,

committitur cum pulmone. Is (pulmo) spongiosus, que ideo
is connected with the lungs. It (pulmo) spongy, and therefore

capax spiritus, et junctus spinæ ipsi a tergo,
capacious of air, and joined (connected with) to the spine itself from the back

dividitur in duas fibras, modo ungulæ
(behind), is divided into two (clefts) lobes, in the form of the hoof

bubulæ. Huic cor est annexum, musculosum naturâ, situm
of an ox. To it the heart is connected, muscular by nature, placed

in pectore sub sinistrâ mammâ; que habet quasi duos ventriculos.
in the chest under the left breast; and has as it were two ventricles.

At sub corde atque pulmone, est transversum septum, ex
But under the heart and lungs, is a transverse septum, of

sunt, quæ interdum cum dolore intumescunt. Deinde duo itinera incipiunt: alterum, asperam arteriam nominant; alterum, stomachum. Arteria exterior ad pulmonem; stomachus interior ad ventriculū fertur: illa spiritum, hic cibum recipit. Quibus cum diversæ viæ sint, quæ coeunt, exigua in arteria sub ipsis faucibus lingua est: quæ, cum spiramus, attollitur; cum cibum potionemque assumimus, arteriam claudit. Ipsa autem arteria, dura et cartilaginosa, in gutture assurgit; ceteris partibus residit. Constat ex circulis quibusdam,

compositis ad imaginem earum vertebrarum, quæ in spina sunt: ita tamen, ut ex parte exteriori aspera; ex interiori, stomachi modo lævis sit: eaque descendens ad præcordia cum pulmone committitur. Is spongiosus, ideoque spiritus capax, et a tergo spinæ ipsi junctus, in duas fibras, ungulæ bubulæ modo, dividitur. Huic cor annexum est, natura musculosum, in pectore sub sinistiore mamma situm; duosque quasi ventriculos habet. At sub corde atque pulmone, transversum ex valida membrana septum est, quod a præcordiis uterum

validâ membranâ, quod diducit uterum a præcordiis
strong membrane, which separates the belly (abdomen) from the præcordia
 (pro thorace;) que id (sc. septum) nervosum, multis
(thorax; and that (being) nervous (tendinous), with many
 venis etiam discurrentibus per id, discernit, non solum
vessels also running over through (traversing) it, separates, not only
 intestina, sed jecur que lienem quoque, a superiore parte.
the intestines, but the liver and spleen also, from the superior part.
 Hæc viscera (sc. jecur et lienis) posita proxime, sed tamen
The latter viscera placed next, but notwithstanding
 infra, sunt dextrâ que sinistrâ (parte). Jecur orsum a
below it, are on the right and left side. The liver (having) arisen on
 dextrâ parte sub præcordiis ab septo ipso, est cavum
the right side under the præcordia from the septum itself, is hollow
 (concave) intrinsecus, gibbum extrinsecus: quod prominens,
on the inside, gibbous (convex) on the outside: which prominent,
 leviter insidet ventriculo, et dividitur in quatuor fibras. Vero
lightly sits upon the stomach, and is divided into four lobes. But
 fel inhæret ei ex inferiore parte. At lienis
the gall (bladder) sticks to it from (at) the under part. But the spleen
 sinistrâ est non innexus eidem septo, sed
on the left is not joined to (connected with) the same septum, but
 intestino, naturâ mollis et rarus, modicæ
to an intestine, by nature soft and rare (loose in texture), of a moderate
 longitudinis que crassitudinis; que is excedens paulum a regione
length and thickness; and it going out a little from the region
 costarum in uterum, conditur ex magna parte sub
of the ribs into the abdomen, is hid (covered) in a great measure under
 his (costis). Atque hæc quidem sunt juncta. Vero renes (sunt)
these. And these indeed are joined. But the kidneys are
 diversi, qui inhærent lumbis sub imis costis, rotundi
divided (apart), which adhere to the loins under the lowest ribs, round
 a parte earum (sc. costarum), ab alterâ resimi; qui et
on the side of them, on the other crooked upward; which both
 sunt venosi et habent ventriculos (pelves), et conteguntur
are venous (vascular) and have ventricles, and are covered
 super tunicis.
over with coats.
 Ac hæc quidem sunt sedes viscerum. Vero stomachus,
And these indeed are the seats of the viscera. But the œsophagus,
 qui est principium intestinorum, incipit nervosus a
which is the beginning of the intestines, commences nervous (tendinous) from

diducit; idque nervosum, multis etiam venis per id discurrentibus, a superiore parte, non solum intestina, sed jecur quoque lienemque discernit. Hæc viscera proxime, sed infra tamen posita, dextra sinistraque sunt. Jecur a dextra parte sub præcordiis ab ipso septo orsum, intrinsecus cavum, extrinsecus gibbum est: quod prominens leviter ventriculo insidet, et in quatuor fibras dividitur. Ex inferiore vero parte ei fel inhæret. At lienis sinistra, non eidem septo, sed intestino innexus est, na-

tura mollis et rarus, longitudinis crassitudinisque modicæ; isque paulum a costarum regione in uterum excedens, ex maxima parte sub his conditur. Atque hæc quidem juncta sunt. Renes vero diversi; qui lumbis sub imis costis inhærent, a parte earum rotundi, ab altera resimi; qui et venosi sunt, et ventriculos habent, et tunicis super conteguntur.

Ac viscerum quidem hæc sedes sunt. Stomachus vero, qui intestinorum principium est, nervosus a septima spinæ vertebra incipit;

septimā vertebrā spinæ; committitur cum ventriculo circa
the seventh vertebra of the spine; is connected with the stomach about
 præcordia. Autem ventriculus, qui est receptaculum cibi,
the præcordia. But the stomach, which is the receptacle of the food,
 constat ex duobus tergoribus que is est positus inter
consists of two backs (surfaces) and it is placed (situated) between
 lienem et jecur, utroque ex his ingrediente paulum super eum.
the spleen and liver, each of these going a little upon it.
 Que sunt etiam tenues membranulæ, per quas ista tria
And there are also fine little membranes, by which those three
 connectuntur inter se, que junguntur ei septo,
are connected among themselves (together), and are joined to that septum,
 quod posui supra esse transversum. Inde ima pars
which I have stated above was transverse. Thence the bottom part
 ventriculi conversa paulum in dexteriolem partem, coarctatur in
of the stomach turned a little (more) on the right side, is narrowed into
 summum intestinum. Græci vocant hanc juncturam πυλωρόν
the first intestine. The Greeks call this joining (connexion) pylorus,
 (puloron), quoniam modo portæ emittit
because in the manner of a gate (like a gate) it sends out
 ea, quæ sumus excreturi. Jejunum intestinum,
these things, which we are (about) to excrete (void). The empty intestine,
 non ita implicitum, incipit ab eâ (sc. juncturâ): cui est
not so (much) enfolded, begins from it: (to) which has
 (pro habet) tale vocabulum, quia nunquam continet quod
there is) such a name, because it never retains what
 accipit; sed protinus transmittit (id) in inferiores partes.
it receives; but immediately transmits (it) into the inferior parts.
 Inde tenuius intestinum est, vehementer implicitum in
Thence the smaller intestine is (arises), very much enfolded into
 sinus: vero singuli orbes connectuntur per
sinuses: but the single rings (each of the convolutions) are connected by
 membranulas cum interioribus (sc. orbibus); qui conversi in
small membranes with the more internal ones; which turned (more) toward
 dexteriolem partem, et finiti e regione dexterioris coxæ, tamen
the right side, and terminated at the region of the right hip, still
 complent magis superiores partes. Deinde id intestinum
fill up more (perfectly) the upper parts. Then that intestine
 committitur cum altero crassiore transverso, quod incipiens a
is connected with another thicker transverse one, which beginning on
 dextrâ parte, est pervium et longum in sinistrolem, est non in
the right side, is pervious and long on the left, it is not (so) on

circa præcordia cum ventriculo committitur. Ventriculus autem, qui receptaculum cibi est, constat ex duobus tergoribus; isque inter lienem et jecur positus est, utroque ex his paulum super eum ingrediente. Suntque etiam membranulæ tenues, per quas inter se tria ista connectuntur, jungunturque ei septo, quod transversum esse, supra posui. Inde ima ventriculi pars paulum in dexteriolem partem conversa, in summum intestinum coarctatur. Hanc juncturam πυλωρόν Græci vocant, quoniam portæ modo in inferiores partes ea, quæ excreturi

sumus, emittit. Ab ea jejunum intestinum incipit, non ita implicitum: cui tale vocabulum est, quia nunquam, quod accipit, continet; sed protinus in inferiores partes transmittit. Inde tenuius intestinum est, in sinus vehementer implicitum: orbes vero ejus per membranulas singuli cum interioribus connectuntur; qui in dexteriolem partem conversi, et e regione dexterioris coxæ finiti, superiores tamen partes magis complent. Deinde id intestinum cum crassiore altero transverso committitur, quod a dextra parte incipiens, in

dexteriores; que ideo nominatur cæcum. At id, quod est
the right; and therefore is named cæcum (blind gut). But that, which is
 pervium, fusum late, atque sinuatum, que minus
pervious, spread out widely (of large compass), and sinuated, and less
 nervosum quam superiora intestina, volutum huc atque illuc
nervous than the former intestines, rolled hither and thither
 ab utraq̃ue parte, tamen tenens sinisteriores que inferiores partes
on either side, yet occupying the left and lower parts
 magis, contingit jecur atque ventriculū: deinde jungitur
more, touches the liver and stomach: afterwards it is joined
 cum quibusdam membranulis venientibus a sinistro rene;
with some small membranes coming from the left kidney;
 atque hinc recurvatum dextrā, dirigitur in imo,
and hence bent backwards on the right, it is directed to the bottom
 quā excernit; que id ideo, nominatur
(downwards), where it excretes; and it in consequence, is named
 ibi rectum intestinum. Vero omentum, læve et strictum
there the straight intestine. But the omentum, smooth and tightened
 ex inferiore parte, ex superiore mollius, contegit universa
(contracted) at the lower part, at the upper softer, covers all
 hæc, cui adeps quoque innascitur; quæ, sicut cerebrum et
these, to which fat also grows; which, like as the brain and
 medulla quoque, caret sensu. At singulæ venæ, albæ
marrow also, wants sensibility. But single vessels, white
 colore, feruntur a renibus ad vesicam; Græci
in colour, are borne (sent off) from the kidneys to the bladder; the Greeks
 vocant οὐρητήρας, quod concipiunt urinam descendentem
call them ureters, because they conceive that the urine descending
 inde (sc. renibus) destillare per eas in vesicam. Autem
from thence drops through them into the bladder. But
 vesica in sinu ipso nervosa et duplex, cervice plena
the bladder in the sinus itself nervous and double, in the neck full
 atque carnosa, jungitur per venas cum intestino, que eo osse,
and fleshy, is joined by veins with the intestine, and that bone,
 quod subest pubi: ipsa (sc. vesica) est soluta atque liberior;
which is under the pubes: itself is loose and freer;
 posita aliter in viris atque in feminis. Nam in viris est
(is) placed differently in men and in women. For in men it is
 juxta rectum (sc. intestinum), inclinata potius in sinistram partem; in
near the straight gut, inclined rather to the left side; in
 feminis est posita super genitale (non adjectivum), sed substantivum est
women it is placed above the genital organ

sinisteriorem pervium et longum est, in dexteriorem non est; ideoque cæcum nominatur. At id, quod pervium est, late fusum atque sinuatum, minusque quam superiora intestina nervosum, ab utraque parte huc atque illuc volutum, magis tamen sinisteriores inferioresque partes tenens, contingit jecur atque ventriculū: deinde cum quibusdam membranulis a sinistro rene venientibus jungitur; atque hinc dextra recurvatum in imo dirigitur, quæ excernit; ideoque id ibi rectum intestinum nominatur. Contegit vero universa hæc omentum, ex inferiore parte læve et strictum, ex

superiore mollius; cui adeps quoque innascitur; quæ sensu, sicut cerebrum quoque et medulla, caret. At a renibus singulæ venæ, colore albæ, ad vesicam feruntur: οὐρητήρας Græci vocant, quod per eas inde descendentem urinam in vesicam destillare concipiunt. Vesica autem in ipso sinu nervosa et duplex, cervice plena atque carnosa, jungitur per venas cum intestino, eoque osse, quod pubi subest: ipsa soluta atque liberior est: aliter in viris atque in feminis posita. Nam in viris juxta rectum intestinum est, potius in sinistram partem inclinata; in feminis super genitale earum sita

"genitale") earum, que lapsa supra sustinetur ab vulvâ ipsâ.
of them, and having fallen upon is supported by the womb itself.
 Tum iter urinæ spatiosius et compressius in
Then the passage (of) for the urine more spacious (lengthy) and straitened in
 masculis, descendit a cervice hujûs (vesicæ) ad colem; brevius et
males, descends from the neck of this to the yard (penis); shorter and
 plenius in feminis, ostendit se super cervicem vulvæ. Autem
wider in women, shews itself above the neck of the womb. But
 vulva in virginibus est quidem admodum exigua; vero in
the womb in virgins is indeed very small; but in
 mulieribus, nisi ubi sunt gravidæ, non multo major quam
women, unless when they are pregnant, not much larger than
 ut comprehendatur manu. Ea (vulva) orsa contra
that it may be grasped in the hand. It having arisen opposite
 medium alvum, rectâ quæ tenuatâ cervice, quem
the middle (of the) belly, with a straight and diminished (small) neck, which
 vocant canalem, convertitur inde paulum ad dexteriam
they call canal (vagina), is turned from thence a little towards the right
 coxam; deinde, progressa super rectum intestinum, innectit
hip; afterwards, having advanced above the straight intestine, connects
 sua latera illis feminæ. Autem ilia ipsa sunt posita
its sides to the ilia of the woman. But the ilia themselves are placed
 inter coxas et pubem imo ventre. A
between the hips and pubes in the lowest (bottom of the) belly. From
 quibus, ac pube, abdomen pervenit versus sursum
which, and the pubes, the abdomen comes up (reaches) towards the upwards
 ad præcordia; inclusum ab exteriore parte cute
(as far as) to the præcordia; inclosed on the more external part by the skin
 evidenti; ab interiore levi membranâ, quæ
(which is) evident; on the inner side by a thin membrane, which
 jungitur omento; autem nominatur a Græcis περιτόναιος
is joined to the omentum; but it is named by the Greeks peritonæum
 (peritonaios).

CAP. II.

CHAP. II.

Curatio Morborum natorum Capite.
 The Cure of Diseases that have arisen in the Head.

1. His adductis veluti in quendam conspectum,
These things being brought as it were into a certain view,

eat, supraque lapsa, ab ipsa vulva sustinetur. Tum in masculis iter urinæ spatiosius et compressius a cervice hujus descendit ad colem; in feminis brevius et plenius, super vulvæ cervicem se ostendit. Vulva autem in virginibus quidem admodum exigua est; in mulieribus vero, nisi ubi gravidæ sunt, non multo major, quam ut manu comprehendatur. Ea, recta tenuataque cervice, quem canalem vocant, contra mediam alvum orsa, inde paulum ad dexteram coxam convertitur; deinde super rec-

tum intestinum progressa, illis feminæ latera sua innectit. Ipsa autem ilia inter coxas et pubem imo ventre posita sunt. A quibus ac pube abdomen sursum versus ad præcordia pervenit; ab exteriore parte, evidenti cute; ab interiore levi membrana inclusum, quæ omento jungitur; περιτόναιος autem a Græcis nominatur.

CAP. II.—Morborum Capite natorum Curatio.—
 1. His veluti in conspectum quendam, quatenus

quatenus est necessarium curanti scire,
so far as is necessary for the person curing (physician) to know,
 exsequar remedia singularum partium laborantium,
I shall trace out the remedies (of) for the particular parts suffering,
 orsus a capite: sub quo nomine nunc significo
having begun (beginning) with the head: under which name I now signify
 eam partem, quæ tegitur capillo: nam dolor oculorum, aurium,
that part, which is covered with hair: for pain of the eyes, of the ears,
 dentium, et si est quis similis, erit explicandus alias.
of the teeth, and if there is any similar (such like), will be to be explained elsewhere
 Autem interdum est acutus et pestifer morbus, in capite quam
But sometimes there is an acute and destructive disease, in the head which
 (hic “κεφαλαίαν” relativo “quam” esse antecedentem notandum est) Græci
the Greeks

vocant κεφαλαίαν (kephalaion): notæ cuius sunt, validus horror,
call cephalæa the marks of which are, strong shivering
 resolutio nervorum, caligo oculorum, alienatio mentis, vomitus,
relaxation of the tendons, dimness of the eyes, alienation of mind, vomiting,
 sic, ut vox supprimatur; vel cursus sanguinis ex naribus,
so, that the voice is suppressed; or a flow of blood from the nostrils
 sic, ut corpus frigescat, anima deficiat: præter hæc,
so, that the body becomes cold, the life fails (fainting): besides these,
 intolerabilis dolor, maxime circa tempora, vel occipitium. Autem
an intolerable pain, especially about the temples, or the occiput. But
 interdum est longa imbecillitas in capite, per ætatem
sometimes there is a long weakness in the head, for (during) the whole life
 hominis: sed neque gravis neque periculosa, interdum dolor
of the person: but neither severe nor dangerous, sometimes the pain
 (est) gravior, sed brevis, neque tamen mortiferus; qui
(is) more severe, but short, nor however deadly; which
 contrahitur vel vino, vel cruditate, vel frigore, vel igne,
is contracted either by wine, or by crudity, or by cold, or by the fire,
 aut sole. Que omnes hi delores sunt modo in febre,
or the sun. And all these pains are sometimes in (with) fever,
 modo sine hac; modo in toto capite,
sometimes without this; sometimes in the whole (all through the) head,
 modo in parte (ejus;) interdum sic, ut quoque excrucient
sometimes in a part (of it;) sometimes so, that they also excruciate
 proximam partem oris. Præter hæc, etiamnum genus invenitur,
the nearest part of the face. Besides these, even still a kind is found,
 quod potest esse longum; ubi humor inflat cutem, que ea (cutis
which may be (continue) long; when a fluid inflates the skin, and it

scire curanti necessarium est, adductis, remedia singularum laborantium partium exsequar, orsus a capite: sub quo nomine nunc significo eam partem, quæ capillo tegitur: nam oculorum, aurium, dentium dolor, et si quis similis est, alias erit explicandus. In capite autem interdum acutus et pestifer morbus est, quam κεφαλαίαν Græci vocant: cuius notæ sunt, horror validus, nervorum resolutio, oculorum caligo, mentis alienatio, vomitus, sic, ut vox supprimatur; vel sanguinis ex naribus cursus, sic, ut corpus frigescat, anima deficiat: præter

hæc, dolor intolerabilis, maxime circa tempora, vel occipitium. Interdum autem in capite longa imbecillitas, sed neque gravis, neque periculosa, per hominis ætatem est: interdum gravior dolor, sed brevis, neque tamen mortiferus; qui vel vino, vel cruditate, vel frigore, vel igne, aut sole contrahitur. Hique omnes dolores modo in febre, modo sine hac sunt; modo in toto capite, modo in parte; interdum sic, ut oris quoque proximam partem excrucient. Præter hæc etiamnum invenitur genus, quod potest longum esse; ubi humor cutem in-

intumescit, et cedit digito prementi: Græci appellant
swells up, and yields to the finger pressing (on it): the Greeks call it
ὑδροκέφαλον (hudrokephalon). Ex his, dixi quâ ratione
hydrocephalus. Of these, I stated in what manner
 id, quod positum est secundo loco, dum est leve, sit curandum,
that, which has been placed in the second place, whilst it is slight, is to be treated,
 cum persequer ea quæ sani homines deberent facere in
when I was investigating those things which healthy persons ought to do in
 imbecillitate alicujus partis. Vero quæ sint auxilia capitis,
a weakness of any part. But what are the aids for the head,
 ubi est dolor cum febre, explicitum est eo loco, quo
when there is pain with fever, has been explained in that place, in which
 curatio februm exposita est. Nunc dicendum est (sc. mihi) de
the treatment of fevers has been explained. Now I must speak of
 ceteris. Ex quibus id, quod est acutum, et id, quod
the others. Of which that, which is acute, and that, which
 intenditur supra consuetudinem, quæ id, quod ex subitâ
is increased above custom (unusually), and that, which from a sudden
 causâ, etsi non pestiferum, tamen est vehemens, habet primam
cause, although not deadly, yet is violent, has (us) the first
 curationem, (sc. eam) quâ sanguis mittatur. Sed id, nisi
cure, (that) in which blood may be drawn. But that, unless
 dolor est intolerabilis, est supervacuum: quæ est satius abstinere
the pain is intolerable, is superfluous: and it is better to abstain
 a cibo; etiam a potione si potest fieri; si potest non,
from food; also from drink if it can be done; if it can not,
 bibere aquam. Si postero die dolor remanet, ducere
to drink water. If on the following day the pain continues, to clyster
 alvum, evocare sternutamenta, assumere nihil, nisi aquam. Enim
the belly, to excite sneezings, to take nothing, except water. For
 sæpe unus aut alter dies discutit totum dolorem hac
often one or another day (a day or two) shakes off the whole pain by this
 ratione; utique si origo est ex vino vel cruditate. Vero
means; especially if the origin is from wine or crudity. But
 si est parum auxilii in his, oportet tonderi ad cutem: deinde
if there is little relief in these, it behooves to be clipped to the skin (scalp): then
 considerandum est, quæ causa excitarit dolorem. Si calor, expedit
we must consider, what cause may have excited the pain. If heat, it is expedient
 perfundere caput multâ frigidâ aquâ; imponere concavam spongiam,
to bathe the head with much cold water; to put on (apply) a concave sponge,
 subinde expressam in frigidâ aquâ; ungere rosâ et aceto, vel
frequently squeezed in cold water; to anoint with rose oil and vinegar, or

flat, eaque intumescit, et prementi digito cedit: *ὑδροκέφαλον* Græci appellant. Ex his id, quod secundo loco positum est, dum leve est, quæ sit ratione curandum, dixi, cum persequer ea, quæ sani homines in imbecillitate partis alicujus facere deberent. Quæ vero auxilia sint capitis, ubi cum febre dolor est, eo loco explicitum est, quo februm curatio exposita est. Nunc de ceteris dicendum est. Ex quibus id, quod acutum est, et id, quod supra consuetudinem intenditur, idque, quod ex subita causâ, etsi non pestiferum, tamen vehemens est, primam curationem habet, quæ sanguis mitta-

tur. Sed id, nisi intolerabilis dolor est, supervacuum est: satiusque est abstinere a cibo; si fieri potest, etiam a potione; si non potest, aquam bibere. Si postero die dolor remanet, alvum ducere, sternutamenta evocare, nihil assumere, nisi aquam. Sæpe enim dies unus aut alter totum dolorem hac ratione discutit; utique si ex vino vel cruditate origo est. Si vero in his auxilii parum est, tonderi oportet ad cutem: deinde considerandum est, quæ causa dolorem excitarit. Si calor, aqua frigida multa perfundere caput expedit; spongiam concavam imponere, subinde in aqua frigida expressam;

potius imponere succidam lanam tinctam (in) his, ve alia refrigerantia
rather to put on (apply) juicy wool dipped (in) these, or other refrigerating
 cataplasmata. At si frigus nocuit, oportet
cataplasms. But if cold has hurt (caused the disease), it behooves
 perfundere caput calidâ marinâ aquâ, vel saltem salsâ (aquâ,) *(aquâ,)*
to bathe the head with hot sea water, or at least salt water,
 in quâ laurus decocta sit: tum perfricare caput vehementer;
in which laurel has been boiled: then to rub the head briskly;
 deinde implere calido oleo, et velare
afterwards to fill it up (embrocate it) with warm oil, and cover it
 veste. Quidam etiam devinciunt id; alii onerant
with a nightcap. Some also bind it; others load it
 cervicalibus que vestimentis, et sic levantur; calida
with neckerchiefs and cloths, and thus are relieved; warm
 cataplasmata adjuvant alios. Ergo etiam, ubi causa est ignota,
cataplasms assist others. Therefore also, when the cause is unknown,
 oportet videre, refrigerantia an calefacientia
it behooves to see, whether cooling or heating things (refrigerants or calefacients)
 leniant magis, et uti iis, quæ experimentum approbarit.
relieve more, and to use those, which experiment shall have approved.
 At si causa parum discernitur, (oportet) perfundere
But if the cause is not distinguished (discovered), to bathe
 caput, primum calidâ aquâ, vel salsâ (aquâ), vel decoctâ ex
the head, at first with warm water, or salt, or boiled with
 lauro. sicut præceptum est supra; tum frigidâ poscâ.
laurel, as has been directed above; then with cold diluted vinegar.
 Illa sunt communia in omni vetusto dolore capitis,
These (the following) are common in every old pain of the head,
 excitare sternutamenta, perfricare inferiores partes vehementer,
to excite sneezings, to rub the lower parts vehemently,
 gargarizare iis quæ movent salivam, admovere
to gargle with those things which promote (the flow of) the saliva, to apply
 cucurbitulas temporibus et occipitio, detrahare sanguinem ex
cupping-glasses to the temples and occiput, to draw blood from
 naribus, subinde pervellere tempora resinâ, et exulcerare
the nostrils, occasionally to pull the temples with resin, and to exulcerate
 ea (sc. loca), quæ habent male, sinapi imposito, linteolo
those places, which make ill, by mustard being applied, linen
 ante subjecto, (ut) ne arrodât vehementer;
being previously placed under, (that) it may not corrode violently;
 excitare ulcera, ubi dolor est, candentibus ferramentis; sumere
to excite ulcers, where the pain is, with hot irons; to take

ungere rosa et aceto, vel potius his tinctam
 lanam succidam imponere, aliave refrigerantia
 cataplasmata. At si frigus nocuit, caput
 oportet perfundere aqua calida marina, vel
 certe salsa, aut in qua laurus decocta sit: tum
 caput vehementer perfricare; deinde calido
 oleo implere et veste velare. Quidam etiam
 id devinciunt; alii cervicalibus vestimentisque
 onerant, et sic levantur; alios calida cata-
 plasmata adjuvant. Ergo etiam, ubi causa
 incognita est, videre oportet, refrigerantia
 magis, an calefacientia leniant, et iis uti,
 quæ experimentum approbarit. Ad si parum

causa discernitur, perfundere caput, primum
 aqua calida, sicut supra præceptum est, vel salsa,
 vel ex lauro decocta; tum frigida posca. Illa in
 omni vetusto capitis dolore communia sunt;
 sternutamenta excitare, inferiores partes ve-
 hementer perfricare, gargarizare iis, quæ sa-
 livam movent, cucurbitulas temporibus et
 occipitio admovere, sanguinem ex naribus
 detrahare, resina subinde tempora pervellere,
 et imposito sinapi exulcerare ea, quæ male
 habent, ante linteolo subjecto, ne vehementer
 arrodât; candentibus ferramentis, ubi dolor
 est, ulcera excitare; cibum permodicum cum

permodicum cibum, cum aquâ: ubi dolor levatus est, ire
very moderate food, with water: when the pain has been relieved, to go
 in balneum, ibi perfundi per caput multâ aquâ,
into the bath, there to be bathed over the head with much water,
 prius calidâ, deinde frigidâ: si dolor est ex toto discussus,
at first warm, afterwards cold: if the pain has been wholly dispersed,
 reverti etiam ad vinum; sed postea semper bibere aquam
to return even to wine; but afterwards always to drink water
 antequam quidquam aliud.

Id genus, quod contrahit
before any other thing (any thing else). That kind, which draws
 humorem in caput, est dissimile. In hoc est necessarium
(collects) a fluid into the head, is different. In this it is necessary

tonderi ad cutem; deinde imponere sinapi, sic ut
to be clipped to the skin (scalp); then to apply mustard, so that

exulceret: si id profuit parum, utendum est (nobis)
it may exulcerate: if that has benefited little, we must use

scalpello. Illa sunt communia cum hydropicis,
the scalp. These (the following) are common with dropsical persons,

ut exerceatur, insudet, perfricetur vehementer, utatur cibus que
that he be exercised, he sweat, he be rubbed vehemently, he use foods and

potionibus præcipue moventibus urinam.
drinks especially exciting the urine.

2. Vero morbus quem Græci nominant κυνικὸν σπασμὸν
But a disease which the Greeks call cynic spasmum

(kunicon spasmon,) innascitur circa faciem. Is fere oritur cum
(risus sardonicus,) arises about the face. It mostly arises with

acutâ febre; os pervertitur cum quodam motu;
acute fever; the mouth is turned (distorted) with a degree of motion;

que, ideo, est nihil aliud quam distentio oris.
and, therefore, it is nothing else than a convulsion of the mouth.

Crebra mutatio coloris in facie que toto corpore accedit;
A frequent change of colour in the face and whole body comes on;

somnus est in promptu. In hoc, mittere sanguinem
sleep is in readiness (propensity to sleep). In this, to let blood

est optimum: si malum est non finitum eo, ducere alvum;
is best: if the disorder is not terminated by that, to clyster the belly;

si est ne quidem sic discussum, movere vomitum albo veratro.
if it is not even so shaken off, to provoke vomiting by white hellebore.

Præter hæc, est necessarium vitare solem, lassitudinem, vinum.
Besides these, it is necessary to avoid the sun, lassitude, wine.

Si non discussum est his, utendum est cursu;
If it has not been shaken off by these (means), he must use running;

aqua sumere: ubi levatus est dolor, in balneum ire, ibi multa aqua, prius calida, deinde frigida per caput perfundi: si discussus ex toto dolor est, etiam ad vinum reverti; sed postea semper, antequam quidquam aliud, aquam bibere. Dissimile est id genus, quod humorem in caput contrahit. In hoc tonderi ad cutem necessarium est; deinde imponere sinapi, sic, ut exulceret: si id parum profuit, scalpello utendum est. Illa cum hydropicis communia sunt, ut exerceatur, insudet, vehementer perfricetur, cibus potionibusque utatur urinam præcipue moventibus.

2. Circa faciem vero morbus innascitur, quem Græci κυνικὸν σπασμὸν nominant. Is cum acuta fere febre oritur; os cum motu quodam pervertitur; ideoque nihil aliud est, quam distentio oris. Accedit crebra coloris in facie totoque corpore mutatio; somnus in promptu est. In hoc sanguinem mittere optimum est: si finitum eo malum non est, ducere alvum; si ne sic quidem discussum est, albo veratro vomitum movere. Præter hæc necessarium est vitare solem, lassitudinem, vinum. Si discussum his non est, utendum est cursu; frictione in eo, quod læsum est, leni et multa; in

leni et multâ frictione in eo (sc. membro) quod
gentle and much (long continued), friction on that (part) which
est læsum; brevior, sed vehementi, in reliquis partibus.
is injured (diseased); shorter, but vehement, in the remaining parts.

Prodest etiam movere sternutamenta; radere caput; que
It benefits also to excite sneezings; to shave the head; and
perfundere id, calidâ aquâ, vel marinâ, vel certe salsâ,
to bathe it, with warm water, or sea, or at least salt (water),
sic, ut sulphur quoque adjiciatur ei; post perfusionem perfricari
so, that sulphur also be added to it; after the bathing to be rubbed
iterum; manducare sinapi; que eodem tempore imponere, ceratum
again; to chew mustard; and at the same time to apply, cerate

affectis partibus oris, sinapi idem
to the affected parts of the face, mustard the same (in like manner)
integris, donec arrodât. Aptissimus cibus est ex mediâ materiâ
to the sound, until it corrode. The fittest food is of the middle matter

3. At si lingua est resoluta, quod fit interdum per se,
But if the tongue is palsied, which happens sometimes (by) of itself,
interdum ex aliquo morbo, sic, ut sermo
sometimes from some disease, so that the speech (pronunciation)
hominis non explicetur; oportet gargarizare ex aquâ,
of the person is not explicit (distinct); it behooves to gargle with water,
in quâ vel thymum, vel hyssopum, vel nepeta decocta sit;
in which either thyme, or hyssop, or cat-mint has been boiled;
bibere aquam; vehementer perfricare caput, et os, et
to drink water; vehemently to rub the head, and mouth, and
ea (membra,) quæ sunt sub mento, et cervicem; linere
those parts, which are under the chin, and the neck; to smear
linguam ipsam lasere; manducare quæ sunt acerrima, id
the tongue itself, with assafœtida; to chew what are very acrid, that
est, sinapi allium, cepam; luctari magnâ vi, ut verba
is, mustard, garlic, onion; to strive with great force, that the words
exprimantur; exerceri spiritu retento: sæpe
be expressed (articulated); to be exercised the breath being held in; often
perfundere caput frigidâ aquâ; nonnunquam esse multam
to bathe the head with cold water; sometimes to eat much (a great
radiculam deinde vomere.
deal of) horseradish then to vomit.

4. Autem humor interdum destillat de capite in nares
But a humour sometimes drops down from the head into the nose
quod est leve; interdum in fauces, quod est pejus;
which is slight (unimportant); sometimes into the fauces, which is worse;

reliquis partibus brevior, sed vehementi. Prodest etiam movere sternutamenta; caput radere: idque perfundere aqua calida, vel marina, vel certe salsa, sic ut ei sulphur quoque adjiciatur; post perfusionem iterum perfricari; sinapi manducare; eodemque tempore affectis oris partibus ceratum, integris idem sinapi, donec arrodât, imponere. Cibus aptissimus ex media materia est.

3. At si lingua resoluta est, quod interdum per se, interdum ex morbo aliquo fit, sic, ut sermo hominis non explicetur; oportet garga-

rizare ex aqua, in qua vel thymum, vel hyssopum, vel nepeta decocta sit; aquam bibere; caput, et os, et ea, quæ sub mento sunt, et cervicem vehementer perfricare; lasere linguam ipsam linere; manducare, quæ sunt acerrima, id est, sinapi, allium, cepam; magna vi luctari, ut verba exprimantur; exerceri retento spiritu; caput sæpe aqua frigida perfundere; nonnunquam multam esse radiculam, deinde vomere.

4. Destillat autem humor de capite interdum in nares, quod leve est; interdum in fauces, quod pejus est; interdum etiam in pulmonem,

interdum etiam in pulmonem quod est pessimum. Si destillavit
sometimes even into the lung which is the worst. If it has dropped down
 in nares tenuis pituita profuit per has, caput leviter
into the nostrils a thin rheum flows forth through them, the head is slightly
 dolet, gravitas ejus sentitur, sternutamenta sunt frequentia. Si
pained, a heaviness of it is felt, the sneezings are frequent. If
 (destillavit) in fauces, exasperat has, movet tussiculam. Si in
into the fauces, it irritates them, excites slight cough. If into
 pulmonem, præter sternutamenta et tussim, est etiam gravitas
the lung(s), besides sneezings and cough, there is also heaviness
 capitis, lassitudo, sitis, æstus biliosa (i. e. fusca) urina. Autem
of the head, lassitude, thirst, heat bilious urine. But
 aliud, quamvis non distans multum malum est
another, although not differing much (not very different) disease is
 gravedo. Hæc claudit nares, obtundit vocem, movet
stuffing in the head. This closes up the nostrils, blunts the voice, excites
 siccam tussim: sub eadem (gravedine) saliva est salsa, aures
a dry cough: under the same the saliva is salt, the ears
 sonant, venæ in capite moventur, urina est turbida. Hippocrates
ring, the vessels in the head are moved, the urine is turbid. Hippocrates
 nominat omnia hæc (sc. mala) κόρυζας (koruzas): video hoc
names all these disorders coryzæ: I see that this
 nomen apud Græcos nunc servari in gravedine;
name among the Greeks now is kept in (confined to) stuffing of the head;
 destillationem appellari κατασταγμόν (katastagmon). Autem hæc sunt
that catarrh is called catastagmon. But these are
 et brevía, et, si neglecta, consuerunt esse longa. Nihil
also short, and, if neglected, have been accustomed to be long. None
 (sc. horum) est pestiferum, nisi quod exulceravit pulmonem.
of them) is fatal, except (that) which has ulcerated the lungs.
 Ubi sensimus aliquid ejusmodi, debemus protinus abstinere
When we have perceived anything of that kind, we ought immediately to abstain
 a sole, balneo, vino venere: inter quæ nihilominus
from (avoid) the sun, the bath, wine venery: during which nevertheless
 licet (sup. nobis) uti unctione et assueto cibo. Utendum est (sc. ægro)
we may use unction and the ordinary diet. He ought to use
 tantum acri ambulatione sed tectâ et post eam
only sharp (quick) walking but covered (under cover), and after it
 perfricandum caput atque os supra quinquagies. Que raro
to rub the head and the face above fifty times. And it seldom
 fit, si temperavimus nobis biduo, vel certe triduo,
happens, if we have governed ourselves for two days, or at least three days,

quod pessimum est. Si in nares destillavit, tenuis per has pituita profuit, caput leviter dolet, gravitas ejus sentitur, frequentia sternutamenta sunt. Si in fauces, has exasperat, tussiculam movet. Si in pulmonem, præter sternutamenta et tussim, est etiam capitis gravitas, lassitudo, sitis, æstus, biliosa urina. Aliud autem, quamvis non multum distans, malum gravedo est. Hæc nares claudit, vocem obtundit, tussim siccam movet: sub eadem salsa est saliva, sonant aures, venæ moventur in capite, turbida urina est. Hæc omnia κόρυζας Hippocrates nominat: nunc video apud Græcos

in gravedine hoc nomen servari; destillationem, κατασταγμόν appellari. Hæc autem et brevía, et si neglecta sunt, longa esse consuerunt. Nihil pestiferum est, nisi quod pulmonem exulceravit. Ubi aliquid ejusmodi sensimus, protinus abstinere a sole, balneo, vino, venere debemus: inter quæ unctione, et assueto cibo nihilominus uti licet. Ambulatione tantum acri, sed tecta utendum est, et post eam caput atque os supra quinquagies perfricandum. Raroque fit, ut si biduo, vel certe triduo nobis temperavimus, id vitium non levetur. Quo levato, si in destillatione crassa facta pituita est,

ut id vitium non levetur. Quo levato, si pituita
that that disorder is not relieved. Which being abated, if the phlegm
 facta est crassa in destillatione, vel nares magis patent in
has become thick in catarrh, or the nostrils are more open (free) in
 gravedine, utendum est balneo, que fovendum os que caput
stuffing of the head, he must use the bath, and wash the face and head
 multâ aquâ prius calidâ, post egelidâ; deinde bibendum
with much water at first hot, afterwards lukewarm: then drink
 vinum cum pleniore cibo. At si quarto die pituita est æque
wine with fuller diet. But if on the fourth day the phlegm is equally
 tenuis, vel nares videntur æque clausæ austerum Aminæum
thin, or the nostrils seem alike shut (obstructed) rough Aminæan
 vinum est assumendum; deinde rursus aqua biduo; post quæ
wine is to be taken; then again water for two days; after which
 revertendum est (sc. ægro) ad balneum, et ad consuetudinem.
he must return to the bath, and to his custom (usual habits.)
 Neque tamen illis diebus ipsis, quibus aliqua sunt
Nor nevertheless on those days themselves, on which some things are
 omittenda, expedit agere tanquam ægros; sed omnia
to be omitted, is it proper to act as if (like) sick persons; but all
 cetera sunt facienda (sc. ab iis) quasi sanis, præterquam si
the other things are to be done by them as if by healthy persons, except that when
 ista (mala) consuerunt sollicitare aliquem diutius et vehementius:
those things have been accustomed to disturb any one longer and more violently:
 enim quædam curiosior observatio est necessaria huic. Igitur
for a some(what) more careful management is necessary for this (person.) Therefore
 si distillavit in nares vel in fauces, præter ea,
if it has fallen upon the nose or upon the fauces, besides those things,
 quæ retuli supra, huic ambulandum est multum protinus
which I have mentioned above, he ought to walk a great deal immediately
 primis diebus; inferiores partes perfricandæ vehementer; frictio erit
in the first days; the lower parts to be rubbed briskly; the friction will be
 adhibend levior thoraci, levior capiti; dimidia
to be applied more gentle to the thorax, more gentle to the head; a half
 pars demenda assueto cibo; ova
part to be taken from the ordinary food (the diet to be reduced one-half); eggs
 sumenda, amyllum, que similia, quæ faciunt pituitam
to be taken, starch, and similar things, which render the phlegm
 crassorem; pugnandum contra siti maximâ quantâ
thicker; we must resist on the other hand by thirst the very greatest that
 potest sustineri. Ubi per hæc aliquis factus (est) idoneus
can be endured. When by these things the person has become fit

vel in gravedine nares magis patent, balneo
 utendum est, multaque aqua prius calida, post
 egelida, fovendum os, caputque; deinde cum
 cibo pleniore vinum bibendum. At si æque
 tenuis quarto die pituita est, vel nares æque
 clausæ videntur, assumendum est vinum Ami-
 næum austerum; deinde rursus biduo aqua;
 post quæ ad balneum, et ad consuetudinem re-
 vertendum est. Neque tamen illis ipsis diebus,
 quibus aliqua omittenda sunt, expedit tan-
 quam ægros agere; sed cetera omnia quasi
 sanis facienda sunt, præterquam si diutius
 aliquem, et vehementius ista sollicitare con-

suerunt: huic enim quædam curiosior obser-
 vatio necessaria est. Igitur huic, si in nares
 vel in fauces distillavit, præter ea, quæ supra
 retuli, protinus primis diebus multum ambu-
 landum est; perfricandæ vehementer inferiores
 partes; levior frictio adhibenda thoraci erit,
 levior capiti; demenda assueto cibo pars dimi-
 dia; sumenda ova, amyllum, similiaque, quæ
 pituitam faciunt crassiorem; siti contra,
 quanta maxima sustineri potest, pugnandum.
 Ubi per hæc idoneus aliquis balneo factus,
 eoque usus est, adjiciendus est cibo pisciculus,
 aut caro, sic tamen, ne protinus justus modus

balneo, que usus est eo, pisciculus est adjiciendus
for the bath, and has used it, a small fish is to be added

cibo, aut caro, sic tamen justus modus cibi
to the food, or meat, so however (that) the due quantity of food

ne sumatur protinus: utendum est meraco vino copiosius.
be not taken immediately: he must use undiluted wine more plentifully.

At si destillat quoque in pulmonem est multo magis opus
But if it falls also upon the lung there is much more need of

et ambulatione et frictione; que eadem ratione adhibita
both walking and friction; and the same regulation being applied

in cibis si illi non proficiunt satis, utendum est
in the foods, if they do not avail sufficiently, he must use

acrioribus; indulgendum magis somno, que abstinendum a
more acrid ones; he must indulge more in sleep, and refrain from

omnibus negotiis; aliquando, sed serius, tentandum balneum.
all business; sometimes, but (at a) later (period), he must try the bath.

Autem in gravedine, (oportet) quiescere primo die, neque
But in stuffing of the head to rest on the first day, neither

esse, neque bibere, velare caput, circumdare fauces lana:
to eat, nor to drink, to cover the head, to surround the throat with wool:

postero die surgere, abstinere a potione, aut si res
on the following day to rise, to refrain from drink, or if the thing (urgency)

coegerit, assumere non ultra heminam aqua:
shall compel (him), to take not beyond (more than) a hemina of water:

tertio die sumere non ita multum ex interiore parte panis
on the third day to take not very much from the inner part of bread

(of a loaf) cum pisciculo, vel levi carne, bibere aquam: si
with a small fish, or light meat, to drink water: if

quis non potuerit temperare sibi, quo utatur
a person should not be able to govern himself, so as that he may use

minus pleniore cibo, vomere: ubi est ventum
less fuller (more sparing) food, to vomit: when it is come

(ab illis: impersonal.) in balneum fovere caput et os multa
they come into the bath to foment the head and face with much

calida aqua usque ad sudorem: tum redire ad vinum. Post qua
hot water unto sweating: then to return to wine. After which

potest vix fieri, ut idem incommodum maneat:
it can scarcely happen, that the same inconvenience (disorder) continue:

sed si manserit utendum erit frigidis, aridis, levibus cibis,
but if it should continue he will have to use cold, dry, light foods,

minimo humore quam, frictionibus que exercitationibus servatis,
the least fluid possible, frictions and exercises being observed,

qua sunt necessariae in omni tali genere valetudinis.
which are necessary in every such kind of disease.

cibi sumatur: vino meraco copiosius utendum est. At si in pulmonem quoque destillat, multo magis et ambulatione et frictione opus est; eademque adhibita ratione in cibis, si non satis illi proficiunt, acrioribus utendum est; magis somno indulgendum, abstinendumque a negotiis omnibus; aliquando, sed serius, balneum tendendum. In gravedine autem, primo die quiescere, neque esse, neque bibere, caput velare, fauces lana circumdare: postero die surgere, abstinere a potione, aut, si res coegerit, non ultra heminam aquae assumere:

tertio die panis non ita multum ex parte interiore cum pisciculo, vel levi carne sumere, aquam bibere: si quis sibi temperare non potuerit, quo minus pleniore victu utatur, vomere: ubi in balneum ventum est, multa calida aqua caput et os fovere usque ad sudorem: tum ad vinum redire. Post qua vix fieri potest, ut idem incommodum maneat: sed si manserit, utendum erit cibis frigidis, aridis, levibus, humore quam minimo, servatis frictionibus exercitationibusque, qua in omni tali genere valetudinis necessariae sunt.

CAP. III.

CHAP. III.

Morbi Cervicis.
Diseases of the Neck.

Transitus ex capite est ad cervicem;
The passage from the head is (we naturally pass from the head) to the neck;
quæ (sc. cervix) est obnoxia admodum gravibus morbis. Neque tamen
which is liable to very severe diseases. Nor yet
est alius importunior que acutior morbus, quam is,
is there another more troublesome and more acute disease, than that,
qui, quodam rigore nervorum, annectit, modo
which, by some kind (of) stiffness (spasm) of the tendons, fastens, at one time
caput scapulis, modo mentum pectori, modo
the head to the shoulders, at another the chin to the breast, sometimes
intendit cervicem rectam et immobilem. Græci appellant
stretches (fixes) the neck straight and immoveable. The Greeks call
priorem ὀπισθότονον (opisthotonon), insequentem ἐμπροσθό-
the former (first) opisthotonon, the following (the second) emprostho-
τόνον (emprosthotonon), ultimum τέτανον (tetanion): quamvis quidam
tonus, the last tetanus: although some
minus subtiliter utuntur his nominibus indiscretis
less accurately (with less accuracy) use these names indifferent
(adverbialiter reddendum.) Ea (sc. mala) sæpe tollunt (ægrum)
indifferently. These often carry off kill
intra quartum diem: si (ægri) evaserunt hunc, sunt
within the fourth day: if (they) have escaped this, they are
sine periculo. Omnia curantur eâdem ratione: que id
without danger. All are cured by the same means: and that
convenit. Sed Asclepiades credidit sanguinem utique
is agreed upon. But Asclepiades believed that blood also (in addition)
(esse) mittendum: quod quidam dixerunt esse utique vitandum,
was to be let: which some have said was certainly to be avoided,
eo quod tum corpus egeret colore maxime: que is (sc. calor) esset
because then the body wanted heat most: and it was
in sanguine. Verum hoc quidem est falsum. Enim neque est
in the blood. But this indeed is false. For neither is it
natura sanguinis, ut utique caleat; sed ex
the nature of the blood, that it should especially become hot; but of

CAP. III.—Cervicis Morbi.—A capite transitus ad cervicem est; quæ gravibus admodum morbis obnoxia est. Neque tamen alius importunior acutiorque morbus est, quam is, qui quodam rigore nervorum, modo caput scapulis, modo mentum pectori annectit, modo rectam et immobilem cervicem intendit. Priorem Græci ὀπισθότονον, insequentem ἐμπροσθότονον, ultimum τέτανον appellant: quamvis minus subtiliter quidam indiscretis his nominibus utun-

tur. Ea sæpe intra quartum diem tollunt: si hunc evaserunt, sine periculo sunt. Eadem omnia ratione curantur; idque convenit. Sed Asclepiades utique mittendum sanguinem credidit: quod quidam utique vitandum esse dixerunt, eo quod maxime tum corpus calore egeret: isque esset in sanguine. Verum hoc quidem falsum est. Neque enim natura sanguinis est, ut utique caleat; sed ex iis, quæ in homine sunt, hic celerrime vel calescit, vel re-

iis, quæ sunt in homine, hic (sanguis)
those things, which are in man (of which man composed), this
 celerrime vel calescit, vel refrigescit. Vero necne
most quickly either becomes hot, or cools. But whether or no
 debeat mitti, potest intelligi ex iis quæ
it ought to be let, may be understood from those (rules) which
 præcepta sunt de missione sanguinis. Autem castoreum utique
have been directed about the letting of blood. But castor likewise
 datur recte, et cum hoc piper, vel laser: deinde est
is given rightly, and with it pepper, or assafoetida: then there is
 opus humido et calido fomento: itaque plerique (medici)
need of a moist and hot fomentation: therefore most (physicians)
 subinde perfundunt cervices multâ calidâ aquâ.
frequently pour over (affuse) the neck (and shoulders) with much hot water.
 Id levat in præsentia (sc. tempora;) sed reddit nervos
That relieves for the present (the moment;) but it renders the tendons
 opportuniore frigori: quod est utique vitandum. Igitur est
more liable to cold: which is especially to be avoided. Therefore it is
 utilius, primum perungere cervicem liquido cerato; deinde
more useful, first to anoint the neck with liquid cerate; afterwards
 admove bubulas vesicas, vel utriculos repletos calido oleo, vel
to apply or bladders, or bottles filled with hot oil, or
 calidum cataplasma ex farina, vel rotundum (nigrum) piper contusum
a hot cataplasm of meal, or round (black) pepper bruised
 cum ficu. Tamen est utilissimum, fovere humido sale: quod
with a fig. However it is most useful, to foment with moist salt: which
 quomodo fieret, ostendi jam. Ubi aliquid
in what manner it should be done, I have shewn already. When any
 eorum factum est, oportet admove ægrum ad
of those things has been done, it behooves to bring the patient (near) to
 ignem, vel si est æstas, in sole: que perfricare cervicem,
the fire, or if it is summer, in the sun: and to rub the neck,
 et scapulas, et spinam, maxime vetere oleo; si id est non,
and shoulders, and spine, especially with old oil; if that is not
 Syriaco (Eleomeli vocatur); si ne quidem id est,
(at hand), with Syrian; if not even that is (at hand),
 adipe vetustissimâ quam. Cum frictio sit utilis omnibus
with fat the oldest possible: As friction is useful to all
 vetebris in homine, tum præcipue iis, quæ sunt in collo.
the vertebrae in a man, so especially to those, which are in the neck.
 Ergo utendum est (sc. ægris) hoc remedio die que nocte, quibusdam
Therefore they must use this remedy day and night, certain

frigescit. Mitti vero necne debeat, ex iis intelligi potest, quæ de sanguinis missione præcepta sunt. Utique autem recte datur castoreum, et cum hoc piper, vel laser: deinde opus est fomento humido et calido: itaque plerique aqua calida multa cervices subinde perfundunt. Id in præsentia levat; sed opportuniore frigori reddit: quod utique vitandum est. Utilius igitur est, cerato liquido primum cervicem perungere; deinde admove vesicas bubulas vel utriculos oleo calido repletos, vel ex farina calidum cataplasma, vel piper rotundum

cum ficu contusum. Utilissimum tamen est, humido sale fovere: quod quomodo fieret, jam ostendi. Ubi eorum aliquid factum est, admove ad ignem, vel si æstas est, in sole ægrum oportet: maximeque oleo vetere; si id non est, Syriaco; si ne id quidem est, adipe quam vetustissima cervicem, et scapulas, et spinam perfricare. Frictio cum omnibus in homine vetebris utilis sit, tum iis præcipue, quæ in collo sunt. Ergo die nocteque, interpositis tamen quibusdam temporibus, hoc remedio utendum est: dum intermittitur, imponendum malagma

temporibus tamen interpositis: dum intermittitur aliquod
times (intervals) however being interposed: whilst it is intermitted some
malagma (sc. confectum) ex calefacientibus imponendum. Vero frigus
plaster from the calefacients is to be put on. But cold
præcipue (est) cavendum: que ideo continuus ignis debebit
especially (is) to be avoided: and therefore a constant fire (will) ought
esse in eo conclavi, in quo æger cubabit, que maxime
to be in that chamber, in which the patient shall sleep, and especially
tempore antelucano, quo frigus præcipue intenditur.
in the time before daylight, in which cold is particularly increased (intense).
Neque erit inutile habere caput attonsum, que madefacere
Nor will it be unserviceable to keep the head close shaved, and to moisten
id calido irino vel cyprino, et velare pileo
it with hot iris ointment or cyprus oil, and to cover it with a cap
superimposito; nonnumquam etiam descendere totum in calidum
placed on it; sometimes even to descend entire(ly) into warm
oleum, vel in calidam aquam, in qua fœnum Græcum decoctum sit,
oil, or into warm water, in which fenu-greek has been boiled,
et tertia pars olei adjecta. Alvus ducta quoque sæpe
and a third part of oil added. The belly (being) clystered also often
resolvit superiores partes. Vero si dolor crevit etiam
relaxes the superior parts. But if the pain has increased still
vehementius, cucurbitulæ sunt admovendæ
more vehemently (become more violent), the cupping glasses are to be applied
cervicibus, sic, ut cutis incidatur: eadem (sc. cutis) adurenda
to the neck, so, that the skin may be cut: the same to be burned
aut ferramentis aut sinapi. Ubi dolor levatus est, que
either by irons or mustard. When the pain has been abated, and
cervix cœpit moveri, licet scire, morbum cedere
the neck has begun to be moved, we may know, that the disease yields
remediis. Sed quisquis cibus est mandendus
to the remedies. But whatever food is to be chewed (requires chewing), (ought)
vitandus diu. Utendum sorbitionibus, que item sorbilibus
to be avoided for a long time. We ought to use gruels, and likewise poached
aut mollibus ovīs; aliquod jus assumendum. Si id processerit
or soft eggs; some (kind of) broth to be taken. If that shall have proceeded
bene, que cervices videbuntur jam habere se ex toto
well (succeeded), and the neck shall seem now to have itself entirely
recte incipiendum erit a pulticulâ, vel intritâ bene
rightly (well) he will have to begin with pottage, or pap well
madidâ. Etiam tamen panis mandendus celerius quam vinum
moistened. Still however bread is to be chewed sooner than wine

aliquod ex calefacientibus. Cavendum vero præcipue frigus: ideoque in eo conclavi, in quo cubabit æger, ignis continuus esse debebit maximeque tempore antelucano, quo præcipue frigus intenditur. Neque inutile erit, caput attonsum habere, idque irino vel cyprino calido madefacere, et superimposito pileo velare; nonnumquam etiam in calidum oleum totum descendere, vel in aquam calidam, in qua fœnum Græcum decoctum sit, et adjecta olei pars tertia. Alvus quoque ducta sæpe superiores partes resolvit. Si vero etiam vehementius

dolor crevit, admovendæ cervicibus cucurbitulæ sunt, sic, ut cutis incidatur: eadem aut ferramentis aut sinapi adurenda. Ubi levatus est dolor moverique cervix cœpit, scire licet, cedere remediis morbum. Sed diu vitandus cibus, quisquis mandendus est. Sorbitionibus utendum, itemque ovīs sorbilibus, aut mollibus; jus aliquod assumendum. Id si bene processerit, jamque ex toto recte se habere cervices videbuntur, incipiendum erit a pulticulâ, vel intritâ bene madidâ. Celerius tamen etiam panis mandendus, quam vinum gustandum:

gustandum: siquidem usus hujus est præcipue periculosus
 to be tasted: since the use of this (the latter) is particularly dangerous;
 que ideo differendus in longius tempus.
 and on that account to be deferred for a longer time.

CAP. IV.

CHAP. IV.

Morbi Faucium.
 Diseases of the Fauces.

1. Autem ut hoc genus morbi consuevit esse
 But as this (the latter) kind of disease has been accustomed to be (arise)
 circa totam cervicem; sic alterum genus æque pestiferum que acutum
 about the whole neck; so another kind equally pestiferous and acute
 (consuevit esse) in faucibus. Nostri vocant anginam:
 (has been accustomed to arise) in the fauces. Our people call it angina:
 apud Græcos nomen est prout species. Enim
 amongst the Greeks the name is according as (i. e. varies as) the species. For
 interdum neque rubor, neque ullus tumor apparet; sed corpus est
 sometimes neither redness, nor any swelling appears; but the body is
 aridum, spiritus vix trahitur, membra solvuntur:
 dry, the breath is scarcely drawn (with difficulty), the limbs are relaxed:
 vocant id *συνανχην* (sunanchen). Interdum lingua que fauces
 they call that synanche Sometimes the tongue and fauces
 intumescunt cum rubore, vox significat nihil
 swell with redness, the voice signifies (articulates) nothing (i. e. is sup-
 oculi vertuntur, facies pallet, que est singultus:
 pressed), the eyes are turned (distorted), the face becomes pale, and there is hiccup:
 id vocatur *κυνανχη* (kunanche). Illa sunt communia: æger potest
 that is called cynanche. These are common: the patient can-
 non deverare cibum, non potionem; ejus spiritus
 not swallow food, (he) cannot (nor) drink: his breath
 intercluditur. Est levius, ubi est tumor tantummodo et
 is obstructed. It is slighter, when there is swelling only and
 rubor, cetera non sequuntur; appellant id
 redness, the other (symptoms) do not follow: they call that
παρασυνανχην (parasunanchen). Quidquid est, si vires
 parasynanche. Whichever it is, if the strength
 patiuntur, sanguis est mittendus; si non abundat,
 permit, blood is to be let; if it does not abound (is not abundant),

siquidem hujus usus præcipue periculosus;
 ideoque in longius tempus differendus est.

CAP. IV.—*Faucium Morbi*.—1. Ur hoc autem morbi genus circa totam cervicem; sic alterum, æque pestiferum acutumque, in faucibus esse consuevit. Nostri anginam vocant: apud Græcos nomen, prout species est. Interdum enim neque rubor, neque tumor ullus apparet; sed corpus aridum est, vix spiritus trahitur,

membra solvuntur: id *συνανχην* vocant. Interdum lingua faucesque cum rubore intumescunt, vox nihil significat, oculi vertuntur, facies pallet, singultusque est: id *κυνανχη* vocatur. Illa communia sunt: æger non cibum deorare, non potionem potest; spiritus ejus intercluditur. Levius est, ubi tumor tantummodo et rubor est, cetera non sequuntur: id *παρασυνανχην* appellant. Quidquid est, si vires patiuntur, sanguis mittendus est; si non abun-

secundum est, ducere alvum. Cucurbitula quoque admovetur
the next thing is, to clyster the belly. A cupping-glass also is applied
 recte sub mento, et circa fauces, ut evocet
properly under the chin, and about the fauces, that it may call forth (to eva-
 id, quod strangulat. Deinde est opus humidis
cuat) that, which suffocates. Afterwards there is need of moist
 fomentis: nam sicca elidunt spiritum. Ergo oportet
fomentations: for dry (ones) stop the breath. Therefore it behooves
 admovere spongas; quæ demittuntur subinde in calidum
to apply sponges; which are let down (dipped) occasionally into hot
 oleum, melius quam in calidam aquam: que hic quoque calidus succus
oil, better than into hot water: and here also the hot liquor
 salis est efficacissimus. Tum est commodum decoquere
of salt is most efficacious. Then it is advantageous to boil (as a decoction)
 hyssopum, vel nepetam, vel thymum, vel absinthium, vel etiam
hyssop, or cat-mint, or thyme, or wormwood, or even
 furfures, aut aridas ficus, cum aquâ mulsâ, que gargarizare eâ:
bran, or dry figs, with hydromel, and to gargle with it:
 post hæc ungere palatum vel taurino felle vel eo medicamento
after these to anoint the palate either with ox gall or with that medicine
 quod est ex moris. Id (medicamentum) etiam
which is from (composed from) mulberries. That (medicamentum) also
 respergitur recte polline piperis. Si proficitur
is sprinkled rightly with the flour of pepper (ground pepper). If it is benefitted
 parum per hæc, ultimum est, incidere supra
little (advantage is derived) by these, the last thing is, to incise upon
 collum sub maxillis ipsis, satis altis plagis, et in palato
the neck under the jaws themselves, with very deep cuts, and in the palate
 circa uvam, vel eas venas quæ sunt sub linguâ; ut
about the woula, or those veins which are (lie) under the tongue; that
 morbus erumpat per ea vulnera. Quibus si æger
the disease may break forth by those wounds. By which if the patient
 non adjutus fuerit, licet (nobis) scire, (eum) victum
should not (have been) be relieved, we may know, (that he) has been
 esse malo. Vero si morbus levatus est his
conquered by the disease. But if the disease has been relieved by these (means)
 que fauces jam capiunt et cibum et spiritum recursus
and the fauces already take (admit) both food and air the return
 ad bonam valetudinem est facilis. Atque natura quoque interdum
to good health is easy. And nature also sometimes
 adjuvat, si vitium transit ex angustiore sede in latiore:
assists, if the disorder passes from a narrower seat into a broader:

dat, secundum est, ducere alvum. Cucurbitula
 quoque recte sub mento, et circa fauces admo-
 vetur, ut id, quod strangulat, evocet. Opus est
 deinde fomentis humidis: nam sicca spiritum
 elidunt. Ergo admovere spongas oportet;
 quæ melius in calidum oleum, quam in cali-
 dam aquam subinde demittuntur: efficacissi-
 musque est hic quoque, salis calidus succus.
 Tum commodum est, hyssopum, vel nepetam,
 vel thymum, vel absinthium, vel etiam furfures,
 aut ficus aridas, cum mulsâ aqua decoquere,
 etque gargarizare: post hæc palatum ungere
 vel felle taurino, vel eo medicamento, quod ex

moris est. Polline etiam piperis id recte re-
 spergitur. Si per hæc parum proficitur, ulti-
 mum est, incidere satis altis plagis sub ipsis
 maxillis supra collum, et in palato circa uvam,
 vel eas venas, quæ sub lingua sunt; ut per ea
 vulnera morbus erumpat. Quibus si non fuerit
 æger adjutus, scire licet, malo victum esse. Si
 vero his morbus levatus est, jamque fauces et
 cibum et spiritum capiunt, facilis ad bonam
 valetudinem recursus est. Atque interdum
 natura quoque adjuvat, si ex angustiore sede
 vitium transit in latiore: itaque rubore et
 tumore in præcordiis orto, scire licet fauces

itaque, rubore et tumore orto in præcordiis,
 therefore, redness and swelling having arisen in the præcordia,
 licet scire fauces liberari. Autem quidquid levarit
 we may know that the fauces are freed. But whatever may have relieved
 eas, incipiendum est (ægro) ab humidis, que maxime decoctâ
 them, he must begin with fluid(s) things, and especially boiled
 aquâ mulsâ: deinde molles, et non acres, cibi sunt assumendi,
 hydromel: then soft (mild), and not acrid, foods are to be taken,
 donec fauces revertantur ad pristinum habitum. Audio vulgo,
 until the fauces return to their former condition. I hear publicly,
 si quis ederit pullum
 (i.e. it is the common opinion of the vulgar), if a person should eat the young
 hirundinis non periclitari anginâ toto anno; que
 of a swallow that he is not endangered from anginâ for a whole year; and
 cum is morbus urget, eum (sc. pullum), servatum ex sale,
 when that disease urges, that it, preserved with salt,
 comburi, que carbonem ejus contritum, infriari in aquam mulsam,
 is burned, and the coal of it bruised, is powdered into hydromel,
 que datur potui, et prodesse. Cum id habeat idoneos
 which is given for drink, also benefits. Since that has proper
 auctores ex populo, neque possit habere quidquam periculi
 authors from the people, nor can it possess any thing of danger (dangerous)
 quamvis non legerim in monumentis medicorum tamen
 although I have not read (of it) in the works of physicians still
 credidi inserendum huic meo operi.
 I believed that it ought to be inserted in this my work.

2. Est etiam malum circa fauces, quod habet aliud que
 There is also a disease about the fauces, which has another and
 aliud nomen apud Græcos, prout intendit
 another name (different names) amongst the Greeks, according as it increases
 se. Omne consistit in difficultate spirandi:
 itself (its intensity). It all (wholly) consists in a difficulty of breathing:
 sed hæc dum est modica, neque ex toto strangulat, appellatur
 but this whilst it is moderate, nor wholly suffocates, is called
 δύσπνοια (duspnōia); cum est vehementior, ut æger possit non
 dyspnœa; when it is more vehement, so that the patient cannot
 spirare sine sono et anhelatione, ασθμα (asthma):
 breathe without a noise and difficulty (panting), asthma:
 cum id quoque accessit, spiritus ne trahatur nisi
 when that also has been added, that the breath cannot be drawn except
 cervice erectâ ορθοπνοια (orthopnōia). Ex quibus
 the neck (shoulders) being erect (upright) orthopnœa. Of which

liberari. Quidquid autem eas levarit, inci-
 piendum est ab humidis, maximeque aqua
 mulsâ decocta; deinde assumendi molles et
 non acres cibi sunt, donec fauces ad pristinum
 habitum revertantur. Vulgo audio, si quis
 pullum hirundinis ederit, angina toto anno
 non periclitari; servatumque eum ex sale,
 cum is morbus urget, comburi, carbonemque
 ejus contritum in aquam mulsam, quæ potui
 datur, infriari, et prodesse. Id cum idoneos
 auctores ex populo habeat, neque habere quid-
 quam periculi possit, quamvis in monumentis

medicorum non legerim, tamen inserendum
 huic operi meo credidi.

2. Est etiam circa fauces malum, quod apud
 Græcos aliud aliudque nomen habet, prout se
 intendit. Omne in difficultate spirandi
 consistit: sed hæc dum modica est, neque ex toto
 strangulat, δύσπνοια appellatur; cum vehemen-
 tior est, ut spirare æger sine sono et anhelatione
 non possit, ασθμα: cum accessit id quoque, ne
 nisi recta cervice spiritus trahatur, ορθοπνοια.
 Ex quibus id, quod primum est, potest diutius
 trahi: duo insequentia acuta esse consueverunt.

id, quod est primum, potest trahi diutius: duo
that, which is first, may be drawn out (be continued) longer: the two
 insequentia consueverunt esse acuta. Communia his
following have been accustomed to be acute. (The symptoms) common to them
 sunt: quod propter angustias per quas spiritus evadit,
are: that because of the straitness(es) through which the air escapes,
 edit sibilum, est dolor in pectore que præcordiis,
it produces a hissing (wheezing), there is pain in the breast and præcordia,
 modo etiam in scapulis, que is modo decedit
sometimes even in the scapulæ (shoulders), and it sometimes goes off
 modo revertitur; ad hæc tussicula accedit. Auxilium est,
sometimes returns; to these a slight cough is added. The aid is (consists),
 nisi aliquid prohibet in detractio sanguinis.
unless something prohibits (contraindicates) in the drawing of blood.
 Neque est id satis, sed venter quoque est solvendus lacte.
Nor is that sufficient, but the belly also is to be relaxed by milk.
 Alvus liquanda, interdum etiam ducenda; quibus
The bowels to be loosened, sometimes also to be clystered; by which
 corpus extenuatum incipit trahere spiritum commodius. Autem
the body (being) reduced begins to draw the breath more easily. But
 caput est habendum sublime in lecto: thorax est adjuvandus
the head is to be kept high (elevated) in bed: the thorax is to be assisted
 fomentis, que calidis cataplasmatibus, aut siccis, aut etiam
by fomentations, and warm cataplasms, either dry, or even
 humidis; et postea vel malagma superimponendum, vel certe
moist; and afterwards either a plaster to be put on, or at least
 ceratum ex cyprino vel (ex) irino unguento. Deinde aqua mulsa, cum
a cerate of cypress oil or iris ointment. Then hydromel, with
 quâ hyssopus vel radix capparis contrita, cocta sit, sumenda
which hyssop or the root of capers bruised, has been boiled, to be taken
 potui jejuno. Aut nitrum aut album nasturtium
for a drink by the (patient) fasting. Either natron or white water-cress
 frictum, deinde contritum et mixtum cum melle, etiam
toasted, afterwards bruised and mixed with honey, also
 delingitur utiliter: que mel, galbanum, terebinthina
is licked (used as a linctus) advantageously: and honey, galbanum, turpentine tree
 resina coquantur simul, et ubi coierunt,
resin are boiled together, and when they have united (come to a proper
 ex his, quod habet magnitudinem fabæ, liquatur
consistence), of these, what has the size of a bean, may be dissolved
 quotidie sub linguâ: aut p.)-(= (sc. pondo vel pondere),
daily under the tongue: or by weight a sixth of a denarius = 10½ grs.

His communia sunt: quod propter angustias, per quas spiritus evadit, sibilum edit, dolor in pectore præcordiisque est, interdum etiam in scapulis, isque modo decedit, modo revertitur; ad hæc tussicula accedit. Auxilium est, nisi aliquid prohibet, in sanguinis detractio. Neque id satis est, sed lacte quoque venter solvendus est. Liquanda alvus, interdum etiam ducenda: quibus extenuatum corpus incipit spiritum trahere commodius. Caput autem in lecto sublime habendum est: thorax fomentis, cataplasmatibusque calidis, aut siccis,

aut etiam humidis adjuvandus est; et postea vel malagma superimponendum, vel certe ceratum ex cyprino, vel irino unguento. Sumenda deinde jejuno potui mulsa aqua, cum qua vel hyssopus cocta, vel contrita capparis radix sit. Delingitur etiam utiliter aut nitrum, aut nasturtium album frictum, deinde contritum et cum melle mixtum: simulque coquantur mel, galbanum, resina terebinthina, et ubi coierunt, ex his, quod fabæ magnitudinem habet, quotidie sub lingua liquatur: aut sulphuris ignem non experti p.)-(=

sulphuris non experti ignem abrotoni p.)-(.
of sulphur that has not felt the fire (crude) of southernwood a denarius
 teruntur in cyatho vini, que id tepefactum sorbetur. Opinio
are rubbed in a glass of wine, and that made hot is supped. The opinion
 etiam est non vana, oportere vulpinum jecur, ubi
even is not idle, that it behooves a fox's liver when
 factum est siccum et aridum, contendere que polentam
it has become dry and arid, to be bruised (powdered) and that the powder
 ex eo aspergi potioni; vel pulmonem ejusdem recentissimum
from it be sprinkled in the drink; or that the lung of the same the freshest
 quam assum, sed coctum sine ferro, edendum esse. Præter
possible roasted, but cooked without iron, ought to be eaten. Besides
 hæc utendum est sorbitionibus et lenibus cibis; interdum tenui
these he ought to use gruels and mild foods; sometimes light
 austero vino; nonnunquam vomitu. Quæcunque movent
rough wine; sometimes vomiting. Whatever things promote
 urinam etiam prosunt: sed nihil magis quam lenta ambulatio
the urine also are advantageous: but nothing more than slow walking
 pæne usque ad lassitudinem; multa frictio præcipue inferiorum
almost quite unto lassitude; much friction especially of the lower
 partium, vel in sole, vel ad ignem, et per se ipsum,
parts, either in the sun, or at the fire, and by himself,
 et per alios, usque ad sudorem.
and by others even unto sweating.

3. Vero exulceratio interdum consuevit esse in interiore parte
But ulceration sometimes has been accustomed to be in the internal part
 faucium. In hac plerique utuntur extrinsecus calidis
of the fauces. In this most persons use (apply) externally hot
 cataplasmatibus, que humidis fomentis: volunt etiam calidum vaporem
cataplasms, and moist fomentations: they wish also the hot vapour
 recipi ore: per quæ alii dicunt eas partes fieri
to be received in the mouth: by which others say that those parts become
 molliores, que opportuniore vitio jam hærenti. Sed,
softer, and more liable to the disease already sticking (to them). But,
 si frigus potest bene vitari, illa præsidia tuta: si est metus
if cold can well be avoided, those aids (are) safe: if there is fear
 ejus (sc. frigoris), sunt supervacua. Autem perficere fauces utique est
of it, they are injurious. But to rub the fauces certainly is
 periculosum: enim exulcerat. Neque sunt utilia (hic
dangerous: for it ulcerates (them). Nor are (those things) beneficial
 supplendum est per) (aut reddi potest), quæ sunt (utilia) movendæ urinæ;
by which are (useful) for exciting the urine;

abrotoni p.)-(. in vini cyatho teruntur, idque tepefactum sorbetur. Est etiam non vana opinio, vulpinum jecur, ubi siccum et aridum factum est, contundi oportere, polentamque ex eo potioni aspergi; vel ejusdem pulmonem quam recentissimum assum, sed sine ferro coctum, edendum esse. Præter hæc, sorbitionibus et lenibus cibis utendum est; interdum vino tenui austero; nonnunquam vomitu. Prosunt etiam, quæcunque urinam movent: sed nihil magis, quam ambulatio lenta pæne usque ad lassitudinem; frictio multa, præcipue inferiorum par-

tium, vel in sole, vel ad ignem, et per se ipsum, et per alios, usque ad sudorem.

3. In interiore vero faucium parte interdum exulceratio esse consuevit. In hac plerique extrinsecus cataplasmatibus calidis, fomentisque humidis utuntur: volunt etiam vaporem calidum ore recipi: per quæ molliores alii partes eas fieri dicunt, opportuniore vitio jam hærenti. Sed, si bene vitari frigus potest, tuta illa præsidia: si metus ejus est, supervacua sunt. Utique autem perficere fauces periculosum est: exulcerat enim. Neque utilia sunt,

quia possunt, dum transeunt, quoque extenuare pituitam
because they may, whilst they pass through, also attenuate the phlegm
 ibi, quam suppressi est melius. Asclepiades, bonus auctor
there, that which be suppressed is better. Asclepiades, a good author
 multarum rerum, quas (nos) ipsi quoque secuti sumus, ait acetum
of many things, which we ourselves also have followed, says that vinegar
 acerrimum quam esse sorbendum; enim ulcera comprimī
the sharpest possible is to be swallowed; for that the ulcers are repressed
 hoc sine ullā noxā. Sed id potest suppressere sanguinem;
by it without any injury. But that may suppress the blood
 potest non sanare ulcera ipsa. Lycium est
(a flow of); it cannot heal the ulcers themselves. Catechu (boxthorn?) is
 melius huic rei; quod idem auctor quoque æque probat:
better for this thing (purpose); which the same author also equally approves:
 vel succus porri, vel marrubii, vel nuces Græcæ contritæ cum
or the juice of leek, or of horehound, or almonds bruised with
 tragacantho et mixtæ cum passo, vel semen lini
tragacanth and mixed with raisin wine, or the seed of the flax plant
 contritum et mixtum cum dulci vino. Exercitatio ambulandi que
bruised and mixed with sweet wine. The exercise of walking and
 currendi est quoque necessaria: vehemens frictio adhibenda, toti
of running is also necessary: vehement friction to be applied, to the whole
 inferiori parti a pectore. Vero cibi debent esse neque
inferior part from the breast (downwards). But the foods ought to be neither
 nimium acres neque asperi; mel lenticula, tragus, lac, ptisana,
too acrid nor rough; honey lentil, foreign wheat, milk, ptisan,
 pinguis caro, que præcipue porrum, et quidquid est mixtum
fat meat, and especially leek, and whatever is mixed
 cum hoc. Convenit esse quam minimum potionis.
with this. It is proper that there be as little as possible of drink.
 Aqua potest dari vel pura, vel in quâ malum cotoneum ve
Water may be given either pure, or in which quince or
 palmulæ decoctæ sunt. Quoque lenes gargarizationes: sin hæ
dates have been boiled. Also mild gargles: but if these
 proficiunt parum, reprimentes sunt utiles. Hoc genus neque
avail little, the repellent (ones) are useful. This kind neither
 est acutum, et potest non esse longum: tamen desiderat
is acute, and may not be (last) long: however it requires
 maturam curationem ne lædat vehementer et diu.
a speedy cure lest it injure severely and for a long time.
 4. Vero tussis propter exulcerationem faucium est fere
But cough on account of ulceration of the fauces is generally

que urinæ movendæ sunt; quia possunt, dum transeunt, ibi quoque pituitam extenuare, quam suppressi melius est. Asclepiades multarum rerum, quas ipsi quoque secuti sumus, auctor bonus, acetum ait quam acerrimum esse sorbendum; hoc enim sine ulla noxa comprimī ulcera. Sed id suppressere sanguinem potest; ulcera ipsa sanare non potest. Melius huic rei lycium est; quod idem quoque æque probat: vel porri, vel marrubii succus, vel nuces Græcæ cum tragacantho contritæ et cum passo mixtæ, vel lini semen contritum et cum dulci vino mixtum. Exercitatio quoque ambulandi cur-

rendique necessaria est: frictio a pectore vehemens toti inferiori parti adhibenda. Cibi vero esse debent neque nimium acres, neque asperi; mel, lenticula, tragus, lac, ptisana, pinguis caro, præcipue porrum, et quidquid cum hoc mixtum est. Potionis quam minimum esse convenit. Aqua dari potest, vel pura, vel in qua malum cotoneum, palmulæve decoctæ sunt. Gargarizationes quoque lenes: sin hæ parum proficiunt, reprimentes utiles sunt. Hoc genus neque acutum est, et potest esse non longum: curationem tamen maturam, ne vehementer et diu lædat, desiderat.

molesta quæ contrahitur multis modis. Itaque illis (sc. faucibus) restitutis
troublesome which is contracted in many ways. Therefore they being restored
 ipsa (sc. tussis) finitur. Tamen solet interdum habere male
it is terminated. However it is accustomed sometimes to make ill
 quoque per se; et cum facta est vetus vix
also by itself; and when it has become old (chronic) scarcely
 eliditur. Ac modo est arida, modo citat pituitam.
is removed. And sometimes it is dry, sometimes it excites phlegm.
 Oportet bibere hyssopum quoque altero die; currere spiritu
It behooves to drink hyssop every other day; to run the breath
 retento, sed minime in pulvere; ac uti vehementi
being retained, but by no means in the dust; and to practise loud
 lectione, quæ primo impeditur a tussi, post vincit eam:
reading, which at first is impeded by the cough, after overcomes it:
 tum ambulare, deinde exerceri quoque per manus, et perfricare
then to walk, then to be exercised also by the hands, and to rub
 pectus diu: post hæc esse tres uncias
the breast for a long time: after these (things) to eat three ounces
 ficus quam pinguissimæ, incoctas super prunam. Præter
of fig(s) the mellowest possible, boiled (stewed) upon the fire. Besides
 hæc si (tussis) est humida, validæ frictiones, cum quibusdam
these if it is moist, strong frictions, with some
 calefacientibus, prosunt, sic, ut caput quoque simul
calefacients, are serviceable, so, that the head also at the same time
 perfricetur vehementer: item cucurbitulæ admotæ pectori;
be rubbed briskly: likewise cupping-glasses applied to the breast;
 sinapi impositum ex exteriori parte faucibus, donec
mustard applied from the external part (externally) to the fauces, until
 leviter exulceret; potio ex menthâ que nucibus Græcis et
it slightly ulcerate; drink from mint and sweet almonds and
 amylo; que aridus panis assumtus primo, deinde aliquis lenis cibus.
starch; and dry bread taken at first, then some mild food.
 At si tussis est sicca, cum ea urget vehementissime, cyathus
But if the cough is dry, when it troubles very violently, a glass
 austeri vini assumtus adjuvat; dum id ne fiat amplius
of rough wine taken relieves; provided that be not done more (oftener)
 quam ter aut quater, aliquo tempore interposito: est
than three or four times, some time (interval) being interposed: it is
 item opus devorare paulum optimi quam laseris; assumere
also necessary to swallow a little of the best possible assafoetida; to take
 succum porri vel marrubii; delingere scillam; sorbere acetum
the juice of leek or of horehound; to lick squills; to swallow vinegar

4. Tussis vero fere propter faucium exulcerationem molesta est; quæ multis modis contrahitur. Itaque, illis restitutis, ipsa finitur. Solet tamen interdum per se quoque male habere; et vix, cum vetus facta est, eliditur. Ac modo arida est, modo pituitam citat. Oportet hyssopum altero quoque die bibere; spiritu retento currere, sed minime in pulvere; ac lectione uti vehementi, quæ primo impeditur a tussi, post eam vincit: tum ambulare: deinde per manus quoque exerceri, et pectus diu perfricare: post hæc quam pinguissimæ ficus uncias tres, super prunam incoctas, esse. Præter

hæc, si humida est, prosunt frictiones validæ, cum quibusdam calefacientibus, sic, ut caput quoque simul vehementer perfricetur: item cucurbitulæ pectori admotæ; sinapi ex parte exteriori faucibus impositum, donec leviter exulceret; potio ex mentha, nucibusque Græcis et amylo; primoque assumtus panis aridus, deinde aliquis cibus lenis. At si sicca tussis est, cum ea vehementissime urget, adjuvat vini austeri cyathus assumtus; dum ne amplius id, interposito tempore aliquo, quam ter aut quater fiat: item laseris quam optimi paulum devorare opus est; porri vel marrubii succum assa-

ex eâ vel certe acre, aut duos cyathos vini cum spicâ allii
from it or at least sharp, or two glasses of wine with a clove of garlic
 contriti.

Peregrinatio etiam est utilis in omni tussi, longa
A journey also is useful in every cough, a long
bruised (in it).

navigatio, maritima loca, natationes: cibus
sailing (sea voyage), maritime places (situations), swimnings: food

interdum mollis, ut malva, ut urtica; interdum acer, ut lac
sometimes soft, as the mallow, as the nettle; sometimes acrid, as milk

coctum cum allio: sorbitiones, quibus laser adjectum sit, aut
boiled with garlic: gruels, to which assafoetida has been added, or

in quibus porrum incoctum tabuerit: sorbile ovum, sulphure
in which leek boiled (in it) has dissolved: a poached egg, sulphur

adjecto: potui primum calida aqua, deinde invicem aliis diebus
being added: for drink first warm water, then by turns on some days

hæc, aliis vinum.

this, on others wine.

5. Aliquis potest magis terreri cum expuit sanguinem;
A person may be more terrified (alarmed) when he spits up blood;

sed id habet modo minus, modo plus periculi.
but that has sometimes less, sometimes more (of) danger.

Exit, modo ex gingivis, modo ex ore:
It goes forth (flows), sometimes from the gums, sometimes from the mouth:

et quidem ex hoc (ore) interdum etiam copiose, sed sine tussi,
and indeed from this sometimes even copiously, but without cough,

sine ulcere sine ullo vitio gingivarum; ita ut nihil
without ulcer(ation) without any disease of the gums; so that nothing

exscreetur: verum prorumpit ex ore, sic ut
is excreted (expectorated): but breaks forth from the mouth, like as

aliquando ex naribus. Atque interdum sanguis profluit;
sometimes from the nostrils (nose). And sometimes (pure) blood flows forth;

interdum quiddam simile aquæ quâ recens caro lota est.
sometimes something similar to water in which fresh meat has been washed.

Autem is (sanguis) fertur a summis faucibus, eâ
But it is discharged from the upper (part of the) fauces, that

parte modo exulceratâ, modo non exulceratâ; sed aut
part sometimes being ulcerated, sometimes not being ulcerated; but either

ore alicujus venæ adaptato, aut quibusdam tuberculis natis,
the mouth of some vessel being opened, or some tubercles having arisen,

que sanguine erumpente ex his. Quod ubi incidit, neque
and the blood breaking forth from them: Which when it happens, neither

potio aut cibus lædit, neque quidquam exscreatur ut ex
drink or food hurts, nor is any thing expectorated (like) as from

mere; scillam delingere; acetum ex ea, vel certe acre sorbere, aut cum spica alii contriti duos vini cyathos. Utilis etiam in omni tussi est peregrinatio, navigatio longa, loca maritima, natationes: cibus interdum mollis, ut malva, ut urtica; interdum acer, ut lac cum allio coctum: sorbitiones, quibus laser sit adjectum, aut in quibus porrum incoctum tabuerit: ovum sorbile, sulphure adjecto: potui primum aqua calida, deinde invicem aliis diebus hæc, aliis vinum.

5. Magis terreri potest aliquis, cum sanguinem expuit: sed id modo minus, modo plus

periculi habet. Exit modo ex gingivis, modo ex ore: et quidem ex hoc interdum etiam copiose, sed sine tussi, sine ulcere, sine gingivarum ullo vitio; ita ut nihil exscreetur: verum ut ex naribus aliquando, sic ex ore prorumpit. Atque interdum sanguis profluit, interdum simile aquæ quiddam, in qua caro recens lota est. Nonnunquam autem is a summis faucibus fertur, modo exulcerata ea parte, modo non exulcerata; sed aut ore venæ alicujus adaptato, aut tuberculis quibusdam natis, exque his sanguine erumpente. Quod ubi incidit, neque lædit potio aut cibus, neque quidquam, ut ex

ulcere. Vero aliquando, gutture et arteriis
 an ulcer. But sometimes, the throat and arteries (tracheal ramifications)
 exulceratis, frequens tussis quoque extundit sanguinem: intendum
 being ulcerated, a frequent cough also forces out the blood: sometimes
 etiam solet fieri ut feratur aut ex pulmone,
 also it is accustomed to happen so that it is discharged either from the lungs,
 aut ex pectore, aut ex latere, aut ex jecinore: feminae, quibus
 or from the chest, or from the side, or from the liver: women, to whom
 sanguis non respondet per menstrua, sæpe expuunt
 the blood does not answer (flow) by menstruation, often spit (expectorate)
 hunc (sanguinem). Que sunt medici auctores (qui asserunt)
 it. And there are medical authors,
 sanguinem exire aliquâ parte vel exesâ, vel
 that the blood goes out (is discharged) from some part either being eroded, or
 ruptâ, vel ore alicujus venæ patefacto. Appellant primam
 broken, or the mouth of some vessel being laid open. They call the first
 διάβρωσιν (diabrosin), secundum ῥήξιν (rexin), tertiam ἀναστόμωσιν
 diabrosis, the second rexis, the third anastomosis.

(anastomosis). Ultima nocet minime; prima gravissime.
 The last hurts the least; the first most severely (dangerously).

Ac sæpe quidem evenit, uti pus sequatur sanguinem. Autem
 And often it even happens, that pus follows the blood. But

interdum (is) qui suppressit sanguinem ipsum, profuit satis
 sometimes who has suppressed the blood itself, has contributed sufficient
 ad valetudinem. Sed si ulcera secuta sunt, si est
 for (the recovery of) health. But if ulcers have followed, if there is

pus, si tussis, prout est sedes ipsa (sc. morbi) ita genera
 pus, if cough, according as is the seat itself so the kinds

morborum sunt varia et periculosa. Vero si sanguis tantum
 of the diseases are various and dangerous. But if blood only

fluit, et finis et remedium est expeditius.
 flows, both the termination and the remedy is (quicker and) easier.

Neque oportet ignorari, mediocre profluvium sanguinis
 Nor does it behoove to be ignorant, that a moderate flow of blood

esse non inutile eis, quibus sanguis solet fluere, aut
 is not injurious to those, to whom blood is accustomed to flow, or

quibus spina dolet, ve coxæ, aut post vehementem cursum,
 to whom the spine is painful, or the hips, or after violent running,

aut ambulationem, dum febris absit: que id redditum
 or walking, provided fever be absent: and that that voided

per urinam quoque solvere lassitudinem ipsam: ac esse ne
 by the urine likewise removes lassitude itself: and that it is not

ulcere, excreatur. Aliquando vero, gutture et
 arteriis exulceratis, frequens tussis sanguinem
 quoque extundit: interdum etiam fieri solet,
 ut aut ex pulmone, aut ex pectore, aut ex la-
 tere, aut ex jecinore feratur: sæpe feminae,
 quibus sanguis per menstrua non respondet,
 hunc expuunt. Auctoresque medici sunt, vel
 exesa parte aliqua sanguinem exire, vel rupta,
 vel ore alicujus venæ patefacto. Primam
 διάβρωσιν, secundam ῥήξιν, tertiam ἀναστόμωσιν
 appellant. Ultima minime nocet; prima gra-
 vissime. Ac sæpe quidem evenit, uti sangui-

nem pus sequatur. Interdum autem, qui sangui-
 nem ipsum suppressit, satis ad valetudinem
 profuit. Sed si secuta ulcera sunt, si pus, si
 tussis est, prout sedes ipsa est, ita varia et peri-
 culosa genera morborum sunt. Si vero sanguis
 tantum fluit, expeditius et remedium et finis
 est. Neque ignorari oportet, eis, quibus fluere
 sanguis solet, aut quibus spina dolet, coxæ,
 aut post cursum vehementem, vel ambulationem,
 dum febris absit, non esse inutile sangui-
 nis mediocre profluvium: idque per urinam
 redditum ipsam quoque lassitudinem solvere:

terribile quidem in eo, qui decidit ex superiore loco ;
 alarming even in him, who has fallen down from a higher place
 si tamen nihil (aliud) novavit in ejus urinâ ; neque
 (a height) ; if however nothing (else) has changed in his urine ; nor
 vomitum hujus (sanguinis) afferre periculum etiam cum repetit,
 does the vomiting of it bring danger even though it recurs,
 si licuit ante confirmare et implere corpus : et
 if it has been permitted previously to strengthen and fill up the body and
 nullum (sc. fluxum) ex toto nocere, qui, in robusto corpore, neque est nimius,
 that none at all hurts, which, in a robust body, neither is excessive,
 neque movet tussim aut calorem. Hæc pertinent ad
 nor provokes cough or heat (feverish heat). These relate to
 universum : nunc veniam ad ea loca quæ proposui.
 the whole : now I shall come to those places (subjects) which I have proposed
 (mentioned). Si exit ex gingivis, manducasse portulacam
 If it flows from the gums, to have chewed purslain
 est satis. Si ex ore, continuisse merum vinum eo :
 is sufficient. If from the mouth, to have retained pure wine in it :
 si id proficit parum, acetum. Si quoque inter hæc erumpit
 if that benefits little, vinegar. If even during these it breaks out
 graviter, quia potest consumere hominem, est commodissimum
 severely, because it may waste a person, it is most advantageous
 avertere impetum ejus, cucurbitulâ admotâ occipitio, sic ut
 to divert the force of it, by a cupping-glass applied to the occiput, so that
 cutis quoque incidatur. Si id evenit mulieri, cui menstrua
 the skin also be cut. If it happens to a woman, to whom the menses
 non feruntur, admovere cucurbitulam eandem
 are not discharged, to apply a cupping-glass the same (in like manner)
 incisis inguinibus ejus. At si processit ex faucibus,
 to the scarified groins of her. But if it has proceeded from the fauces,
 ve interioribus partibus, est et major metus et
 or the more internal parts, there is both greater fear (danger) and
 major cura adhibenda. Sanguis est mittendus ; et si nihilominus
 greater care to be taken. Blood is to be let ; and if notwithstanding
 processit ex ore, iterum, que tertio, et
 it has increased from the mouth, a second, and a third time, and
 quotidie aliquid paulum : autem debet protinus
 daily something little (small quantity) : but he ought immediately
 sorbere vel acetum, vel succum plantaginis aut porri cum
 to swallow either vinegar, or the juice of plantain or of leek with
 thure ; que succida lana ex aceto est imponenda extrinsecus
 frankincense ; and juicy wool from vinegar is to be put externally

ac ne in eo quidem terribile esse, qui ex superiore loco decidit ; si tamen in ejus urina nihil novavit : neque vomitum hujus afferre periculum, etiam cum repetit, si ante confirmare et implere corpus licuit : et ex toto nullum nocere, qui in corpore robusto, neque nimius est, neque tussim aut calorem movet. Hæc pertinent ad universum : nunc ad ea loca, quæ proposui, veniam. Si ex gingivis exit, portulacam manducasse satis est. Si ex ore, continuisse eo merum vinum : si id parum proficit, acetum. Si inter hæc quoque graviter erumpit, quia consumere hominem potest, commodissi-

num est, impetum ejus, admotâ occipitio cucurbitula, sic, ut cutis quoque incidatur, avertere. Si id mulieri, cui menstrua non feruntur, evenit, eandem cucurbitulam, incisis inguinibus ejus, admovere. At si ex faucibus, interioribusve partibus processit, et metus major est, et cura major adhibenda. Sanguis mittendus est ; et si nihilominus ex ore processit, iterum tertioque, et quotidie paulum aliquid : protinus autem debet sorbere vel acetum, vel cum thure plantaginis aut porri succum ; imponenda extrinsecus supra id, quod dolet, lana succida ex aceto est, et id sponsia subinde refrigeran-

supra id quod dolet, et id refrigerandum subinde spongiâ.
upon that which is painful, and that to be cooled occasionally with a sponge.
 Erasistratus quoque deligabat crura et femora que brachia horum
Erasistratus also used to tie the legs and thighs and arms of them
 pluribus locis. Asclepiades proposuit id non prodesse adeo,
in several places. Asclepiades has asserted that it did not benefit in so much,
 esse etiam inimicum. Sed experimenta testantur id
that it was even injurious. But experiments (experience) testify that it
 sæpe respondere commode. Neque tamen est necesse
often answers advantageously (succeeds). Nor however is it necessary
 deligari pluribus locis: sed est sat infra inguina,
that they be tied in many places: but it is sufficient beneath the groins,
 et super talos, que summos humeros, etiam brachia. Tum,
and above the ancles, and the tops of the shoulders, also the arms. Then,
 si febris urget, sorbitio est danda, et potui aqua, in quâ
if fever urges, gruel is to be given, and for drink water, in which
 aliquid ex iis, quæ adstringunt alvum decoctum sit:
some (one) of those things, which bind the belly has been boiled:
 at, si febris abest, vel elota alica, vel panis ex frigida
but, if fever is absent, either washed maize, or bread from cold
 aquâ, et molle ovum quoque protest dari; potui vel idem,
water, and a soft egg also may be given; for drink, either the same,
 quod est scriptum supra, vel dulce vinum, vel frigida aqua. Sed
which is written above, or sweet wine, or cold water. But
 erit (ei) bidendum hic ut sciamus
it will be (for him) to drink here (the drink will be regulated) that we should know
 sitim prodesse huic morbo. Præter hæc quies, securitas,
that thirst benefits this disease. Besides these rest, tranquillity,
 silentium sunt necessaria. Caput quoque hujus cubantis
silence are necessary. The head also of this person lying down
 debet esse sublime; que tondetur recte. Facies
(of this patient) ought to be high; and it is clipped properly. The face
 est sæpe fovenda frigida aquâ. At vinum, balneum,
is often to be washed with cold water. But wine, the bath,
 venus, oleum in cibo, omnia acria, sunt inimica,
venery, oil in (with) the food, all acrid things, are injurious,
 item calida fomenta, calidum et inclusum conclave, multa
likewise warm fomentations, a hot and shut up chamber, many
 vestimenta injecta corpori, etiam frictions. Vero tum incipiendum est
clothes thrown on the body, also frictions. But then we must begin
 a brachiis que cruribus, ubi sanguis conquievit;
from the arms and legs, when the blood has rested (hæmorrhage

dum. Erasistratus horum crura quoque et femora brachiaque pluribus locis deligabat. Id Asclepiades, adeo non prodesse, etiam inimicum esse proposuit. Sed id sæpe commode respondere experimenta testantur. Neque tamen pluribus locis deligari necesse est: sed sat est infra inguina, et super talos, summosque humeros, etiam brachia. Tum, si febris urget, danda est sorbitio, et potui aqua, in qua aliquid ex iis, quæ alvum adstringunt, decoctum sit: at, si abest febris, vel elota alica, vel panis ex aqua frigida, et molle quoque ovum

dari potest; potui, vel idem, quod supra scriptum est, vel vinum dulce, vel aqua frigida. Sed sic bibendum erit, ut sciamus, huic morbo sitim prodesse. Præter hæc necessaria sunt quies, securitas, silentium. Caput hujus quoque cubantis sublime esse debet; recteque tondetur. Facies sæpe aqua frigida fovenda est. At inimica sunt vinum, balneum, venus, in cibo oleum, acria omnia, item calida fomenta, conclave calidum et inclusum, multa vestimenta corpori injecta, etiam frictions. Ubi bene sanguis conquievit, tum vero incipiendum

abstenendum a thorace. In hoc casu est opus
 ceased; we must refrain from the thorax. In this case there is need of
 maritimis locis per hiemem; mediterraneis
 maritime situations during the winter; (of) meriditerranean (inland) ones
 per æstatem.
 during the summer

CAP. V.

CHAP. V.

Morbi Stomachi ("stomachus" œsophagum denotat).
 Diseases of the Stomach (and œsophagus).

Stomachus subest faucibus; in quo plura longa
 The stomach is under the fauces; in which many long (tedious)
 vitia consuerunt incidere. Nam modo ingens calor afficit
 disorders have been accustomed to happen. For sometimes great heat affects
 hunc, modo inflatio, modo inflammatio, modo exulceratio:
 it, sometimes flatulency, sometimes inflammation, sometimes ulceration;
 interdum pituita, modo bilis oritur: que frequentissimum
 sometimes phlegm, sometimes bile arises: and the most frequent
 malum ejus est, (id) quo resolvitur; neque (stomachus) aut
 disorder of it is, (that) in which it is relaxed; nor either
 afficitur magis ullâ re, aut (ulla res) afficit (magis) corpus.
 is it affected more by any thing, or (does any thing) affect (more) the body.
 Autem ut vitia ejus, sic etiam remedia sunt diversa.
 But like as the diseases of it, so also the remedies are different.
 Ubi exæstuat, est subinde fovendus extrinsecus
 When it is piercing hot, it is occasionally to be bathed externally
 aceto cum rosâ; que pulvis cum oleo imponendus; et
 with vinegar with rose oil; and powder with oil to be put on (applied); and
 ea cataplasmata quæ, simul, et reprimunt et emolliunt.
 those cataplasms which, at the same time, both repress and soften.
 Gelida aqua, nisi quid obstat, præstanda potui.
 Ice cold water, unless something prevents (contraindicates), to be given for drink.
 Si est inflatio, cucurbitulæ admotæ prosunt; neque est
 If there is flatulence, the cupping-glasses (being) applied benefit; nor is it
 necesse incidere cutem: sicca et calida fomenta, sed non
 necessary to incise the skin: dry and hot fomentations, but not
 vehementissima prosunt. Abstinencia est interponenda. Potio
 very vehement (strong) benefit. Abstinence is to be interposed. A drink
 absinthii, aut hyssopi, aut rutæ in jejuno est utilis.
 of wormwood, or hyssop, or rue in (while) fasting is serviceable.

est a brachiis, cruribusque; a thorace abstinendum. In hoc casu per hiemem, locis maritimis; per æstatem, mediterraneis opus est.

CAP. V.—Stomachi Morbi.—FAUCIBUS subest stomachus; in quo plura longa vitia incidere consuerunt. Nam modo ingens calor, modo inflatio hunc, modo inflammatio, modo exulceratio afficit: interdum pituita, interdum bilis oritur: frequentissimumque ejus malum est, quo resolvitur; neque ulla re magis aut affici-

tur, aut corpus afficit. Diversa autem, ut vitia ejus, sic etiam remedia sunt. Ubi exæstuat, aceto cum rosa extrinsecus subinde fovendus est; imponendusque pulvis cum oleo; et ea cataplasmata, quæ simul et reprimunt, et emolliunt. Potui, nisi quid obstat, gelida aqua præstanda. Si inflatio est, prosunt admotæ cucurbitulæ; neque incidere cutem necesse est: prosunt sicca et calida fomenta, sed non vehementissima. Interponenda abstinencia est. Utilis in jejuno potio est absinthii, aut

Exercitatio primo lenis, deinde major, est adhibenda; que
Exercise at first gentle, afterwards strong, is to be applied (used); and
 maxime quæ moveat superiores partes: quod genus est
especially (that) which may move the upper parts: which kind is
 aptissimum in omnibus vitiis stomachi. Post exercitationem
most fit in all (of the) diseases of the stomach. After exercise
 est opus unctione, frictione; balneo quoque nonnunquam, sed
there is need of unction, friction; the bath also sometimes, but
 rarius; interdum ductione alvi; deinde calidis cibis, neque
more rarely; sometimes clystering; afterwards warm food, and not
 inflantibus; quæ eodem modo calidis potionibus, primo aquæ,
inflating; and in the same manner warm drinks, at first of water,
 post, ubi inflatio resedit, austeri vini. Illud quoque
afterwards, when the flatulence has subsided, of rough wine. This also
 est præcipiendum in omnibus vitiis stomachi, ut, quo
is to be directed in all the diseases of the stomach, that, by whatever
 modo quisque æger refecerit se, utatur eo
management each patient have recovered himself, he use that (the same)
 sanus: nam sua imbecillitas redit huic, nisi bona valetudo
when healthy: for his weakness returns to him, unless (his) good health
 defenditur eisdem quibus reddita est. At
is defended (preserved) by the same (means) by which it (has been) was restored. But
 si est aliqua inflammatio, quam tumor et dolor fere
if there is any inflammation, which swelling and pain commonly
 sequitur, quies et abstinencia, sulphurata lana circumdata, absinthium
follows, rest and abstinence, sulphurated wool applied round, wormwood
 in jejuno sunt prima. Si ardor urget stomachum,
while fasting are the first things. If a burning heat troubles the stomach,
 est fovendus subinde aceto cum rosâ: deinde quidem
it is to be bathed occasionally in vinegar with rose oil: then indeed
 utendum est modicis cibis; vero quæ simul
he must use moderate foods (spare diet); but what at the same time
 et reprimunt et emolliunt imponenda extrinsecus: deinde,
both repel and soften (are) to be applied externally: afterwards,
 his detractis, utendum calidis cataplasmatibus ex farinâ, quæ
these being removed, he must use warm cataplasms of meal, which
 digerant reliquias: alvus ducenda interdum: exercitatio
may discuss the remains: the belly to be clystered sometimes: exercise
 adhibenda, et plenior cibus. At si exulceratio infestat stomachum,
to be used, and a fuller diet. But if ulceration infests the stomach,
 fere eadem, quæ præcepta sunt in exulceratis.
nearly the same things, which have been directed in exulcerated (ulceration of the)

hyssopi, aut rutæ. Exercitatio primo lenis, deinde major adhibenda est; maximeque, quæ superiores partes moveat: quod genus in omnibus stomachi vitiis aptissimum est. Post exercitationem opus est unctione, frictione: balneo quoque nonnunquam, sed rarius; interdum alvi ductione; cibis deinde calidis, neque inflantibus; eodemque modo calidis potionibus, primo aquæ, post, ubi resedit inflatio, vini austeri. Illud quoque in omnibus stomachi vitiis præcipiendum est, ut, quo modo se quisque æger refecerit, eo sanus utatur: nam redit huic imbecillitas sua, nisi eisdem defenditur

bona valetudo, quibus reddita est. At si inflammatio aliqua est, quam fere tumor et dolor sequitur, prima sunt quies et abstinencia, lana sulphurata circumdata, in jejuno absinthium. Si ardor stomachum urget, aceto cum rosâ subinde fovendus est: deinde cibis quidem utendum est modicis; imponenda vero extrinsecus quæ simul et reprimunt et emolliunt: deinde, his detractis, utendum calidis ex farina cataplasmatibus, quæ reliquias digerant: interdum alvus ducenda: adhibenda exercitatio, et cibus plenior. At si exulceratio stomachum infestat, eadem fere facienda sunt, quæ in fau-

faucibus, sunt facienda. Exercitatio, frictio inferiorum partium
 fauces, are to be done. Exercise, friction of the lower parts
 adhibenda; lenes et glutinosi cibi adhibendi, sed citra
 to be applied; mild and glutinous food to be used, but on this side (short of)
 satietatem; omnia acria et acida removenda; si est
 satiety; all acrid and acid things to be removed (avoided); if there is
 non febris, utendum dulci vini, aut, si id inflat, certe
 not (no) fever, he ought to use sweet wine, or, if that inflates, at least
 leni; sed neque præfrigido, neque nimis calido. Vero si
 mild (light); but neither very cold, nor too hot. But if
 stomachus impletur pituitâ, vomitus modo in jejuno,
 the stomach is filled with phlegm, vomiting sometimes while fasting,
 modo post cibum, est necessarius: exercitatio, gestatio, navigatio,
 sometimes after food, is necessary: exercise, gestation, navigation,
 frictio, utilis: nihil edendum que bibendum, nisi
 friction, (is) serviceable: nothing to be eaten and drank, unless (it be)
 calidum; iis tantum vitatis, quæ consuerunt contrahere
 warm; those things only being avoided, which have been used to contract
 pituitam. Est molestius si stomachus est
 (generate or accumulate) phlegm. It is more troublesome if the stomach is
 vitiosus bile. Autem ii, qui tentantur sic, solent,
 disordered with bile. But they, who are affected thus, are accustomed,
 quibusdam diebus interpositis, vomere hanc, et quidem, quod est
 some days being interposed, to vomit it, and indeed, what is
 pessimum, atram. His alvus recte ducitur: potiones ex
 the worst, black. In these the belly properly is clystered: drinks of
 absinthio dantur; gestatio, navigatio est necessaria; si potest
 wormwood are given; gestation, sailing is necessary; if it can
 fieri, vomitus ex nauseâ; cruditas vitanda; cibi
 be done, vomiting from nausea (of sea sickness); crudity to be avoided; food
 faciles (concoctu) et non alieni stomacho sumendi, austerum
 easy (of digestion) and not disagreeable to the stomach to be taken, rough
 vinum. Vero vulgatissimum que pessimum vitium stomachi est
 wine. But the most common and the worst disease of the stomach is
 resolutio, id est, cum est non tenax
 relaxation, that is, when it is not tenacious (capable of retaining)
 cibi, que corpus solet desinere ali, que sic
 of the food, and the body is accustomed to cease to be nourished, and thus
 consumi tabe. Balneum est inutilissimum huic generi;
 to be wasted by consumption. The bath is very hurtful to this kind;
 lectiones, que exercitationes superioris partis necessariae; item
 readings, and exercises of the upper part necessary; likewise

cibus exulceratis præcepta sunt. Exercitatio,
 frictio inferiorum partium adhibenda; adhi-
 bendi lenes et glutinosi cibi, sed citra satieta-
 tem; omnia acria atque acida removenda;
 vino, si febris non est, dulci, aut, si id inflat,
 certe leni utendum; sed neque præfrigido, ne-
 que nimis calido. Si vero pituita stomachus
 impletur, necessarius modo in jejuno, modo post
 cibum vomitus est: utilis exercitatio, gestatio,
 navigatio, frictio: nihil edendum, bibendum-
 que, nisi calidum; vitatis tantum iis, quæ
 pituitam contrahere consuerunt. Molestius est,
 si stomachus bile vitiosus est. Solent autem

ii, qui sic tentantur, interpositis quibusdam
 diebus, hanc, et quidem, quod pessimum est,
 atram vomere. His recte alvus ducitur: poti-
 ones ex absinthio dantur: necessaria gestatio,
 navigatio est; si fieri potest, ex nausea vomit-
 us: vitanda cruditas: sumendi cibi faciles et
 stomacho non alieni, vinum austerum. Vulga-
 tissimum vero pessimumque stomachi vitium
 est resolutio, id est, cum cibi non tenax est,
 soletque desinere ali corpus, ac sic tabe con-
 sumi. Huic generi inutilissimum balneum
 est: lectiones, exercitationesque superioris
 partis necessariae: item unctiones, frictiones-

unctiones, que frictiones. Est salutare his, perfundi frigida
 unctions, and frictions. It is salutary for these, to be affused with cold
 (sc. aqua,) atque natare in eadem; subicere etiam stomachum ipsum
 (water,) and to swim in the same; to subject even the stomach itself
 canalibus ejusdem, et magis etiam id quod est contra stomachum
 to pipes of the same, and more still that which is opposite the stomach
 a scapulis; consistere in frigidis que medicatis fontibus, quales
 from the shoulders; to stand in cold and medicinal springs, such as
 sunt Cutiliarum que Sumbruinarum. Cibi quoque sunt assumendi
 are (those) of Cutiliae and Sumbruinae. The foods also are to be taken
 frigidi, qui coquantur difficulter potius quam (qui) vitiantur facile.
 cold, which are cooked difficultly rather than (what) are corrupted easily.
 Ergo, plerique, qui possunt concoquere nihil aliud, coquant
 Therefore, most persons, who can digest nothing else, digest
 bubulam. Ex quo potest colligi neque avem neque
 beef. From which it may be collected that neither a bird (birds) nor
 venationem neque piscem, nisi durioris generis, debere dari.
 game nor fish, unless of the harder kind, ought to be given.
 Frigidum vinum quidem est aptissimum potui, vel certe meracum
 Cold wine indeed is the fittest for drink, or indeed pure
 bene calidum, potissimum Rheticum, vel Allobrogicum, ve
 pretty warm, especially the Rhetic, or Allobrogic (Savoy wine), or
 aliud, quod est et austerum et conditum resinâ; si id
 any other, which is both rough and seasoned with resin; if that
 est non asperissimum quam, que maxime Signinum. Si
 is not (to be had) the roughest possible, and especially Signine. If
 cibus non continetur, aqua est danda, que plenior vomitus
 the food is not retained, water is to be given, and fuller vomiting
 eliciendus, que cibus dandus iterum; et tum cucurbitulæ
 to be elicited, and food to be given again; and then the cupping-glasses
 admovendæ duobus digitis infra stomachum, que continendæ
 to be applied two fingers' breadth below the stomach, and to be retained
 ibi duabus aut tribus horis. Si simul est et
 there (kept on) for two or three hours. If at the same time there is both
 vomitus et dolor, succida lana est imponenda supra stomachum, vel
 vomiting and pain, juicy wool is to be placed over the stomach, or
 spongia ex aceto, vel cataplasma quod refrigeret: vero
 a sponge out of vinegar, or a cataplasm which can cool: but
 brachia et crura perfricanda, non diu sed vehementer,
 the arms and legs (are) to be rubbed, not for a long time but briskly,
 et calefacienda. Si est plus doloris utendum est
 and to be heated. If there is more (of) pain we must use (apply)

que. His perfundi frigida, atque in eadem nat-
 tare: canalibus ejusdem subicere etiam stoma-
 chum ipsam, et magis etiam a scapulis id quod
 contra stomachum est; consistere in frigidis,
 medicatisque fontibus, quales Cutiliarum Sum-
 bruinarumque sunt, salutare est. Cibi quoque
 assumendi sunt frigidi, qui potius difficulter
 coquantur, quam facile vitiantur. Ergo pler-
 que, qui nihil aliud concoquere possunt, bu-
 bulam coquant. Ex quo colligi potest, neque
 avem, neque venationem, neque piscem dari
 debere, nisi generis durioris. Potui quidem
 aptissimum est vinum frigidum, vel certe bene

calidum, meracum, potissimum Rheticum, vel
 Allobrogicum, aliudve, quod et austerum et
 resina conditum est; si id non est, quam as-
 perissimum, maximeque Signinum. Si cibus non
 continetur, danda aqua, et eliciendus plenior
 vomitus est, iterumque dandus cibus; et tum
 admovendæ duobus infra stomachum digitis
 cucurbitulæ, ibique duabus aut tribus horis
 continendæ sunt. Si simul et vomitus, et dolor
 est, imponenda supra stomachum est lana suc-
 cida, vel spongia ex aceto, vel cataplasma,
 quod refrigeret: perfricanda vero non diu, sed
 vehementer brachia et crura, et calefacienda.

cucurbitulâ quatuor digitis infra præcordia; et panis
the cupping-glass four fingers below the præcordia; and bread
dandus protinus ex poscâ si non continuit,
to be given immediately from diluted vinegar if it has not retained,
post vomitum aliquid leve ex iis, quæ sunt non
after the vomiting something light from those things, which are not
aliena stomacho: si ne tenuit quidem id, singli cyathi
disagreeable to the stomach: if it not has retained even that, single glasses
vini, singulis horis interpositis, donec stomachus
of wine, single hours (one hour) being interposed (to be taken) until the stomach
consistat. Succus radiculæ etiam est valens medicamentum:
become quiet. The juice of horseradish also is a powerful medicine:
valentius, (succus) acidi Punici mali, cum pari modo
a stronger, (the juice) of the acid Pomegranate, with an equal measure
succus qui est ex dulci Punico malo, succo intubi etiam
of the juice which is from the sweet Pomegranate, the juice of endive also
adjecto, et menthæ, sed minimâ parte hujûs; quibus
being added, and of mint, but the smallest proportion of the latter; with which
tantundem frigidæ, quantum est in omnibus his, miscetur
so much (of) cold water, as there is in all these, is mixed
quam optime. Enim id potest plus quam vinum ad
the best possible. For that is able (avails) more than wine to
comprimendum stomachum. Autem vomitus qui venit
restrain (compose) the stomach. But the vomiting which has come on
per se, est suppressendus, etsi est nausea. Sed si
by itself, is to be suppressed, although there is nausea. But if
cibus coacuit, aut computruit, intus, utrumlibet quorum
the food has soured, or become putrid, within, either of the two of which
ructus ostendit, est ejiciendus; que stomachus protinus
eructation shews, it is to be ejected; and the stomach immediately
restituendus, iisdem cibis assumtis, quod proposui proxime.
to be restored, the same foods being taken, which I mentioned lastly (just now).
Ubi præsens metus sublatus est, redeundum est ad ea, quæ
When the present alarm has been removed, he must return to those things, which
præcepta sunt supra.
have been ordered above.

Si plus doloris est, infra præcordia quatuor digitis cucurbitula utendum est; et protinus dandus panis ex poscâ frigida: si non continuit, post vomitum leve aliquid ex iis, quæ non aliena stomacho sunt: si ne id quidem tenuit, singuli cyathi vini, singulis interpositis horis, donec stomachus consistat. Valens etiam medicamentum est, radiculæ succus: valentius, acidi Punici mali, cum pari modo succi, qui ex dulci Punico malo est, adjecto etiam intubi succo, et menthæ, sed hujus minima parte;

quibus tantundem, quantum in his omnibus est, aquæ frigidæ quam optime miscetur. Id enim plus quam vinum ad comprimendum stomachum potest. Suppressendus autem vomitus est, qui per se venit, etsi nausea est. Sed si coacuit intus cibus, aut computruit, quorum utrumlibet ructus ostendit, ejiciendus est; protinusque, cibis assumtis iisdem, quos proxime posui, stomachus restituendus. Ubi sublatus est præsens metus, ad ea redeundum est, quæ supra præcepta sunt.

CAP. VI.

CHAP. VI.

Dolores *Laterum.*
Pains *of the Sides.*

Stomachus *cingitur* *lateribus;* *atque* *in* *his* *quoque*
The stomach *is surrounded* *by the sides;* *and* *in* *these* *also*

vehementes dolores consuerunt esse. Et initium
violent pains have been accustomed to be (arise). And the beginning

est vel ex frigore, vel ex ictu, vel ex nimio
is either from cold, or from a blow, or from too much

cursu, vel ex morbo: sed interdum id malum est intra
running, or from disease: but sometimes that disease is within (limited to)

dolorem, que is solvitur modo tarde, modo celeriter;
pain, and it is removed sometimes slowly, sometimes quickly;

interdum quoque procedit ad perniciem, que acutus morbus,
sometimes also it proceeds to destruction, and an acute disease,

qui nominatur πλευριτικός (pleuriticus) a Græcis, oritur. Hunc
which is named pleuritic by the Greeks, arises. To this

dolori lateris accedit et febris et tussis; et per hanc (tussim)
pain of the side is added both fever and cough; and by (during) the latter

pituita, excreatur, si morbus est tolerabilis; si gravis, sanguis.
phlegm, is expectorated, if the disease is tolerable; if severe, blood.

Interdum etiam tussis est sicca, quæ emolitur nihil: que id
Sometimes also the cough is dry, which brings up nothing: and that

est gravius primo vitio, tolerabilius secundo. Vero
is more severe than the first disease, more tolerable than the second. But

sanguis missus est remedium magni et recentis doloris. At si
blood being let is the remedy (of) for a violent and recent pain. But if

casus est levior sive vetustior, id auxilium est vel supervacuum
the case is slighter or older, that remedy is either superfluous

vel serum; que confugiendum est ad cucurbitulas, summâ
or late; and we must have recourse to the cupping-glasses, the surface

cute incisâ ante. Sinapi etiam ex aceto recte
of the skin being cut previously. Mustard also from vinegar is properly

imponitur super pectus, donec excitet ulcera que pustulas; et
put upon the breast, until it excite ulcers and pustules; and

tum medicamentum quod citet humorem illuc. Præter
then a medicine which can excite (draw) the humour thither. Besides

CAP. VI.—*Laterum Dolores.*—*STOMACHUS* lateribus cingitur; atque in his quoque vehementes dolores esse consuerunt. Et initium vel ex frigore, vel ex ictu, vel ex nimio cursu, vel ex morbo est: sed interdum id malum intra dolorem est: isque modo tarde, modo celeriter solvitur; interdum ad perniciem quoque procedit, oriturque acutus morbus, qui πλευριτικός a Græcis nominatur. Hunc dolori lateris, febris et tussis accedit: et per hanc excreatur, si tolerabilis morbus est, pituita; si gravis, sanguis. Interdum etiam sicca tussis est, quæ nihil emolitur: idque primo vitio gravior, secundo tolerabilis est. Remedium vero est magni et recentis doloris, sanguis missus. At, si levior, sive vetustior casus est, vel supervacuum, vel serum id auxilium est; confugiendumque ad cucurbitulas est, ante summa cute incisâ. Recte etiam sinapi ex aceto super pectus imponitur, donec ulcera pustulasque excitet; et tum medicamentum, quod humorem illuc citet. Præter hæc, cir-

hæc oportet primum cirdare latus hapso
these things it behooves at first to surround the side with a handful
 sulphuratæ lanæ: deinde, cum inflammatio remisit se
of sulphurated wool: afterwards, when the inflammation has remitted itself
 paulum, uti siccis et calidis fomentis. Ab his transitus est
a little, to use dry and hot fomentations. From these the change is
 ad malagmata. Si dolor remanet vetustior,
to plastic compositions. If the pain remains (continues) more obstinate,
 discutitur novissime resina imposita. Utendum calidis cibis
it is removed lastly by resin being put on. He must use warm foods
 que potionibus; frigus vitandum: inter hæc est non alienum
and drinks; cold (is) to be avoided: during these it is not improper
 perfricare extremas partes oleo et sulphure. Si tussis
to rub the extreme parts with oil and sulphur. If the cough
 levata est, uti leni lectione; que jam assumere et acres
has been relieved, to use gentle reading; and now to take both acrid
 cibos, et meracius vinum. Quæ præcipiuntur a medicis, ut
foods, and purer wine. Which are directed by physicians, though
 tamen, herba trixago epota ex aqua, sine his,
however, the herb elephant's head drank out of water, without these,
 satis adjuvet nostros rusticos. Hæc sunt communia in omni
sufficiently relieves our peasants. These are common in every
 dolore lateris: est plus negotii si is quoque
pain of the side: it is more of a business (difficult) if that also
 factus est acutus morbus. In hoc præter ea, quæ
has become an acute disease. In this (case) besides those things, which
 possia sunt supra, hæc sunt animadvertenda: ut cibus
have been stated above, these (the following) are to be observed: that the food
 sit quam maxime tenuis et lenis, que præcipue sorbitio, que ea
be as much as possible thin and mild, and especially gruel, and that
 potissimum ex ptisanâ, aut jus in quo porrus cum pullo
chiefly of ptisan, or broth in which leek with a coop
 gallinaceo coctus sit; que id quoque detur non nisi
chicken has been boiled; and that also should be given not except (until)
 tertio die, si, tamen, licebit per vires: vero
(on) the third day, if, however, it shall be permitted by the strength: but
 potui aqua mulsa, in qua hyssopum, aut ruta decocta sit.
for drink hydromel, in which hyssop, or rue has been boiled.
 Quæ quibus temporibus sint danda apparebit ex
Which at what times they are to be given will appear from
 ratione febris vel adauctæ vel levatæ, sic, ut
the consideration of the fever either increased or abated, so, that

cum dare primum oportet latus hapso lanæ
 sulphuratæ: deinde, cum paulum inflammatio
 se remisit, siccis et calidis fomentis uti. Ab
 his transitus ad malagmata est. Si vetustior
 dolor remanet, novissime resina imposita
 discutitur. Utendum cibis potionibusque cal-
 lidis: vitandum frigus: inter hæc tamen non
 alienum est extremas partes oleo et sulphure
 perfricare. Si levata tussis est, leni lectione
 uti; jamque et acres cibos, et vinum meracius
 assumere. Quæ a medicis præcipiuntur, ut
 tamen sine his rusticos nostros epota ex aqua

herba trixago satis adjuvet. Hæc in omni
 lateris dolore communia sunt: plus negotii
 est, si acutus quoque morbus is factus est. In
 hoc, præter ea, quæ supra posita sunt, hæc
 animadvertenda sunt: ut cibus sit quam
 maxime tenuis et lenis, præcipueque sorbitio,
 eaque ex ptisana potissimum, aut jus in quo
 porrus cum pullo gallinaceo coctus sit; idque
 non nisi tertio quoque die detur, si tamen per
 vires licebit: potui vero aqua mulsa, in qua
 hyssopum, aut ruta decocta sit. Quæ quibus
 temporibus danda sint, ex ratione vel adauctæ,

dentur in quam maximâ remissione: cum eo tamen,
they be given in the very greatest remission: with this (proviso) however,
 ut sciamus fauces (esse) non committendas esse
that we should know that the fauces (ought) not to be suffered to be
 aridas tussi ejûs generis: enim sæpe, ubi est nihil
 parched in a cough of that kind: for often, when there is nothing
 quod exscreetur, continuatur, et strangulat. Ob quam
which can be expectorated, it is continued, and suffocates. For which
 causam dixi id genus tussis quod moveret nihil
reason I have said that that kind of cough which evacuated nothing
 esse pejus, quam quod (moveret) pituitam. Sed hic morbus
was worse, than (that) which (brought up) phlegm. But here the disease
 ipse non patitur sorbere vinum, ut præcepimus supra:
itself does not suffer to swallow wine, as we have ordered above:
 cremor ptisanæ est sumendus in vicem ejûs. Autem ut æger
the cream of ptisan is to be taken in the place of it. But as the patient
 est sustinendus his in fervore ipso morbi, sic ubi
is to be supported by these things in the fever itself of the disease, so when
 is remisit se, paulum pleniora alimenta, et aliquid vini
it has remitted itself, a little fuller aliments (diet), and some wine
 quoque potest dari; dum nihil detur quod aut
also may be given: provided that nothing be given which either
 refrigeret corpus, aut asperet fauces. Si tussis manserit
can cool the body, or irritate the fauces. If the cough should continue
 in refectione quoque, oportebit intermittere uno die; que
in the recovery also, it will behoove to intermit for one day; and
 postero, assumere, cum cibo paulo plus vini. Atque
on the following, to take with the food a little more (of) wine. And
 tussi quoque incipiente, tum non erit alienum, ut positum est
the cough even beginning, then it will not be improper, as has been stated
 supra quoque, sorbere cyathos vini: sed in hoc genere
above also, to drink (some) glasses of wine: but in this kind
 valetudinis dulce, vel certe lene est commodius. Si
of disease sweet, or at least light (wine) is more suitable. If
 malum inveteravit, corpus est firmandum atletico
the disease has inveterated, the body is to be strengthened by athletic
 victu.
 (invigorating) diet.

vel levatæ febris apparebit, sic, ut in remis-
 sione quam maxima dentur: cum eo tamen,
 ut sciamus, non esse ejus generis tussi aridas
 fauces committendas: sæpe enim, ubi nihil
 est, quod exscreetur, continuatur, et strangulat.
 Ob quam causam dixi etiam pejus id genus
 esse tussis, quod nihil, quam quod pituitam
 moveret. Sed hic vinum sorbere, ut supra
 præcepimus, morbus ipse non patitur: in vi-
 cem ejus, cremor ptisanæ sumendus est. Ut
 his autem in ipso morbi fervore sustinendus
 æger est, sic, ubi paulum is se remisit, ali-

menta pleniora, et vini quoque aliquid dari
 potest; dum nihil detur, quod aut refrigeret
 corpus, aut fauces asperet. Si in refectione
 quoque manserit tussis, intermittere oportebit
 uno die; posteroque, cum cibo vini paulo plus
 assumere. Atque incipiente quoque tussi, tum
 non erit alienum, ut supra quoque positum
 est, vini cyathos sorbere: sed in hoc genere
 valetudinis, dulce, vel certe lene commodius
 est. Si malum inveteravit atletico victu
 corpus firmandum est.

CAP. VII.
CHAP. VII.

Morbi Viscerum.
Diseases of the Viscera.

Transeundum est (sc. nobis) a compagine corporis ad viscera,
We must pass from the frame of the body to the viscera,
et in primis veniendum ad pulmonem; ex quo
and in (among) the first we must come to the lungs; from which
vehemens et acutus morbus oritur, quem Græci vocant
a violent and acute disease arises, which the Greeks call
περιπνευμονικὸν (peripneumonikon). Hæc est conditio
peripneumonic. This (the following) is the condition
ejus: totus pulmo afficitur: tussis, trahens bilem
(nature) of it: the whole lung is affected: cough, bringing up bile
vel pus, subsequitur hunc casum ejus (sc. pulmonis),
or pus, follows (as the consequences of) this misfortune of it,
que gravitas præcordiorum que totius pectoris,
and (also) a (sense of) weight of the præcordia and of the whole breast,
difficultas spiritus; magnæ febres, continua vigilia, fastidium
difficulty of breathing; violent fevers, continued watching, loathing
cibi, tabes. Id genus morbi habet plus periculi quam
of food, consumption. That kind of disease has more (of) danger than
doloris. Oportet, si vires sunt satis validæ,
(of) pain. It behooves, if the strength are sufficiently strong,
mittere sanguinem: sin minores admovere cucurbitulas sine
to let blood: but if less (not) to apply cupping-glasses without
ferro præcordiis: tum, si valet satis,
the scarificator to the præcordia: then, if he is able sufficiently (if he can bear it),
digerere ægrum gestando: si parum, tamen dimovere
to dissipate (reduce) the patient by carrying: if not, still to move (him)
intra domum. Autem dare potionem hyssopi, cum quo arida ficus
within the house. But to give a drink of hyssop, with which a dry fig
sit incocta; aut aquam mulsam in quâ vel hyssopum vel ruta
has been boiled; or hydromel in which either hyssop or rue
decocta sit: uti frictione diutissime in scapulis, proxime ab
has been boiled: to use friction very long on the shoulders, next after
his in brachiis et pedibus et cruribus, leniter contra pulmonem;
these on the arms and feet and legs, gently opposite the lungs;
que facere id bis quotidie. Vero quod pertinet ad cibum,
and to do that twice daily. But what (as) relates to food,

CAP. VII. — *Viscerum Morbi*. — A COMPAGINE corporis ad viscera transeundum est, et in primis ad pulmonem veniendum; ex quo vehemens et acutus morbus oritur, quem περιπνευμονικὸν Græci vocant. Ejus hæc conditio est: pulmo totus afficitur: hunc casum ejus subsequitur tussis, bilem vel pus trahens, præcordiorum totiusque pectoris gravitas, spiritus difficultas, magnæ febres, continua vigilia, cibi fastidium, tabes. Id genus morbi plus periculi, quam doloris, habet. Oportet, si satis

validæ vires sunt, sanguinem mittere: sin minores, cucurbitulas sine ferro præcordiis admovere. Tum, si satis valet, gestando ægrum, digerere: si parum, intra domum tamen dimovere. Potionem autem hyssopi dare, cum quo ficus arida sit incocta; aut aquam mulsam, in qua vel hyssopum vel ruta decocta sit: frictione uti diutissime in scapulis, proxime ab his in brachiis et pedibus et cruribus, leniter contra pulmonem: idque bis quotidie facere. Quod ad cibum vero pertinet, huic hæc salis

huic est (pro habet) opus nec salis, neque acribus, neque
he (the patient) has need of neither salt, nor acrid, nor
 amaris (sc. cibis), neque adstringentibus alvum, sed paulo lenioribus.
bitter, nor (those) astringing the belly, but a little milder.
 Ergo primis diebus sorbitio est danda, ptisanæ, vel
Therefore on the first days gruel is to be given, of ptisan, or
 alicæ, vel oryzæ cum quâ (sorbitione) recens adeps cocta sit:
of maize, or of rice with which fresh fat has been boiled:
 cum hac, sorbile ovum, pinei nuclei ex melle, panis vel clota
with this, a poached egg, pine nuts out of honey, bread or washed
 alica ex aqua mulsa: deinde potui, non solum pura aqua, sed
maize out of hydromel: afterwards for drink, not only pure water, but
 etiam aqua mulsa egelida, aut, si est æstas, etiam frigida; nisi
also hydromel lukewarm, or, if it is summer, even cold; unless
 quid obstat. Autem est satis dare hæc
any thing opposes (contraindicates.) But it is sufficient to give these
 quoque altero die morbo incremente: ubi constitit in
every other day (while) the disease (is) increasing: when it has stopped in
 incremento, abstinendum est (sc. ægrò), quantum res
the increase (is at a stand-still), he must refrain, so far as the thing
 patitur, ab omnibus, præterquam egelidâ aquâ. Si vires
permits, from all, except lukewarm water. If the strength
 desunt, sunt adjuvandæ aquâ mulsâ. Que calida
are failing, they are to be assisted (supported) by hydromel. And hot
 fomenta, vel ea, quæ simul et reprimunt et
fomentations, or those, which at the same time both repel and
 emolliunt, imposita prosunt adversus dolores: bene contritus sal,
soften, put on are advantageous against the pains: well bruised salt,
 mixtus cerato, impositus super pectus prodest; quia leviter
mixed with cerate, put on over the breast benefits; because it slightly
 erodit cutem, que evocat impetum materiæ eo
erodes the skin, and calls away (diverts) the impetus of the matter from that
 quo pulmo vexatur. Aliquod malagma ex iis, quæ
by which the lung is troubled. Any plaister of those things, which
 trahunt materiam est etiam utile. Neque est alienum,
draw the humour (cause a derivation) is also useful. Nor is it improper,
 dum morbus premit continere ægrum fenestris
whilst the disease presses (is most urgent) to keep the patient with the windows
 clausis: ubi levatus est paulum, recipere parvum aërem ter
shut: when it has been abated a little, to admit a little air three
 aut quater die, fenestris apertis aliquantum.
or four times in the day, by the windows being opened somewhat (a little).

opus est, neque acribus, neque amaris, neque
 alvum adstringentibus, sed paulo lenioribus.
 Ergo primis diebus danda est sorbitio ptisanæ,
 vel alicæ, vel oryzæ, cum qua recens adeps
 cocta sit: cum hac, sorbile ovum, nuclei pinei
 ex melle, panis vel elota alica ex aqua mulsa:
 potui deinde non solum pura aqua, sed etiam
 mulsa egelida, aut, si æstas est, etiam frigida;
 nisi quid obstat. Hæc autem altero quoque
 die, incremente morbo, dare satis est: ubi in
 incremento constitit, quantum res patitur, ab
 omnibus abstinendum est, præterquam aqua

egelida. Si vires desunt, adjuvandæ sunt aqua
 mulsa. Prosuntque adversus dolores imposita
 calida fomenta, vel ea, quæ simul et reprimunt
 et emolliunt: prodest impositus super pectus
 sal bene contritus, cum cerato mixtus; quia
 leviter cutem erodit, eoque impetum materiæ,
 quo pulmo vexatur, evocat. Utile etiam ali-
 quod malagma est ex iis, quæ materiam tra-
 hant. Neque alienum est, dum premit mor-
 bus, clausis fenestris ægrum continere: ubi
 paulum levatus est, ter aut quater die, fenestris
 aliquantum apertis, parvum aërem recipere.

Deinde in refectione abstinere a vino pluribus diebus;
Then in (during) the recovery to abstain from wine for several days;
 uti gestatione, frictione; adjicere sorbitionibus et prioribus cibis,
to use gestations, friction; to add to the gruels and the former foods,
 ex oleribus porrum, ex carne ungulas, et summa trunculorum,
from the vegetables leek, from flesh the hoofs, and the tops of the petticoes,
 atque pisculos, sic ut nihil nisi molle et lene sumatur
and small fishes, so that nothing unless soft and mild be taken
 diu.
for a long time.

CAP. VIII.

CHAP. VIII.

Hepatici (Morbi.)
 Hepatic (Diseases.)

Morbus quoque alterius visceris, id est, jecinoris, æque
The disease also of another viscus, that is, of the liver, in like manner
 consuevit esse modo longus, modo acutus: Græci
has been accustomed to be sometimes chronic, sometimes acute: the Greek
 vocant ἥπατικόν (hæpaticon). Est vehemens dolor sub præcordiis
call it hepatic. There is violent pain under the præcordia
 dextrâ parte; que idem pervenit ad dextrum latus, et
on the right side; and the same comes (extends) to the right side, and
 ad jugulum que humerum ejûsdem lateris: nonnunquam
to the throat (clavicle) and the shoulder of the same side: sometimes
 dextra manus quoque torquetur; est validus horror; ubi est
the right hand also is pained; there is strong shivering; when it is
 male, bilis evomitur: singultus interdum prope strangulat. Et
badly, bile is vomited up: hiccup sometimes almost suffocates. And
 hæc quidem sunt morbi acuti. Vero (sunt signa)
these indeed are (the signs) of the disease (when) acute. But (they are signs)
 longioris (sc. morbi) ubi est suppuratio in jecinore; que
of a more chronic (form) when there is suppuration in the liver; and
 dolor modo finitur, modo intenditur; præcordia
the pain sometimes is terminated, sometimes is increased; the præcordia
 dextrâ parte sunt dura et tument; difficultas spiritûs est
on the right side are hard and swell; the difficulty of breathing is
 major post cibum; quædam resolutio maxillarum accedit.
greater after food; a kind of resolution (palsy) of the jaws comes on.

Deinde in refectione pluribus diebus a vino abstinere; gestatione, frictione uti; sorbitionibus et prioribus cibis adjicere, ex oleribus porrum, ex carne ungulas, et summa trunculorum, sic, ut diu nihil nisi molle et lene sumatur.

CAP. VIII.—*Hepatici*.—ALTERIUS quoque visceris morbus, id est, jecinoris, æque modo longus, modo acutus esse consuevit: ἥπατικόν Græci vocant. Dextra parte sub præcordiis

vehemens dolor est; idemque ad latus dextrum, et ad jugulum, humerumque partis ejûdem pervenit: nonnunquam manus quoque dextra torquetur; horror validus est; ubi male est, bilis evomitur: interdum singultus prope strangulat. Et hæc quidem acuti morbi sunt. Longioris vero, ubi suppuratio in jecinore est; dolorque modo finitur, modo intenditur; dextra parte præcordia dura sunt, et tument; post cibum major spiritus difficultas est; accedit maxillarum quædam resolutio. Ubi invetera-

Ubi malum inveteravit, venter et crura que pedes intumescunt;
When the disorder has inveterated, the belly and legs and feet swell;
 pectus atque humeri, que (pars) circa utrumque jugulum
the breast and arms, and (the part) about both collar-bone (clavicle)
 extenuatur. Initio mittere sanguinem est optimum: tum venter
is emaciated. In the beginning to let blood is best: then the belly
 est solvendus, si potest non aliter, per nigrum veratrum:
is to be relaxed, if it can not otherwise, by black hellebore:
 cataplasmata, primum quæ reprimant, deinde calida, quæ diducant,
cataplasms, at first which can repel, then hot, which can disperse,
 imponenda extrinsecus; quibus iris vel absinthium adjicitur recte
are to be applied externally; to which iris or wormwood is added rightly:
 post hæc, malagma. Vero sorbitiones sunt dandæ, que omnes
after these, a plaister. But gruels are to be given, and all
 cibi et calidi, et qui non alunt multum, et fere
the foods both warm, and which do not nourish much, and for the most part
 qui quoque conveniunt dolori pulmonis; que præter eos
which also agree with pain of the lung (peripneumony); and besides those
 (cibi) qui movent urinam, que potiones efficaces ad id. Thymum,
which promote the urine, and drinks efficacious for that purpose. Thyme,
 satureia, hyssopum, nepeta, amyllum, sesamum, baccæ lauri,
satyrion, hyssop, catmint, starch, sesame, the berries of laurel,
 flos pini, sanguinalis herba, mentha, medium ex
the flower of the pine, bloodwort, mint, the middle (pulp) from
 cotoneo malo, recens et crudum jecur columbæ sunt utilia in hoc
the quince apple, the fresh and crude (raw) liver of a pigeon are useful in this
 morbo: ex quibus licet esse quædam per se, adicere quædam
disease: of which it is permitted to eat some by themselves, to add some
 vel sorbitioni vel potioni; sic tamen, ut assumantur parce.
either to the gruel or to the drink; so however, that they be taken sparingly.
 Neque est absinthium contritum ex melle et pipere alienum, que
Nor is wormwood bruised with honey and pepper improper, and
 devorare catapotium ejus quotidie. Abstinendum est (sc. agro)
to swallow a pill of it daily. He must abstain
 utique ab omnibus frigidis: enim neque ulla res lædit
especially from all cold things: for neither does any thing hurt
 jecur magis. Utendum frictionibus in extremis partibus:
the liver more. He must use frictions on the extreme parts:
 omnis labor vitandus, omnis vehementior motus: spiritus
all labour is to be avoided, all more vehement motion: the breath
 quidem est ne continendus diutius. Ira, trepidatio, pondus, ictus,
even is not to be kept in long. Anger, trepidation, weight, blow,

vit malum, venter et crura pedesque intumes-
 cunt; pectus atque humeri, circaque jugulum
 utrumque extenuatur. Initio sanguinem mittere
 optimum est: tum venter solvendus est,
 si non potest aliter, per nigrum veratrum:
 imponenda extrinsecus cataplasmata, primum
 quæ reprimant, deinde calida, quæ diducant;
 quibus recte iris vel absinthium adjicitur: post
 hæc, malagma. Dandæ vero sorbitiones sunt,
 omnesque cibi, et calidi, et qui non multum
 alunt, et fere qui pulmonis quoque dolori con-
 veniunt; præterque eos, qui urinam movent,
 potionesque ad id efficaces. Utilia in hoc

morbo sunt thymum, satureia, hyssopum, ne-
 peta, amyllum, sesamum, lauri baccæ, pini flos,
 herba sanguinalis, mentha, ex malo cotoneo
 medium, columbæ jecur recens et crudum: ex
 quibus quædam per se esse, quædam adicere
 vel sorbitioni vel potioni licet; sic tamen, ut
 parce assumantur. Neque alienum est, absin-
 thium contritum ex melle et pipere, ejusque ca-
 tapotium quotidie devorare. Abstinendum uti-
 que est ab omnibus frigidis: neque enim res
 ulla magis jecur lædit. Frictionibus utendum
 in extremis partibus: vitandus omnis labor,
 omnis vehementior motus: ne spiritus quidem

cursus, sunt inimica. Perfusio corporis ex multâ
running, are injurious. Pouring over (affusion) of the body with much
 aquâ, si est hiems calidâ; si (est) æstas tepidâ, prodest:
water, if it is winter hot; if (it is) summer tepid, benefits:
 item liberalis unctio, et sudor in balneo. Vero si
likewise liberal anointing, and sweating in the bath. But if
 jecur aborat vomicâ, eadem sunt faciendâ, quæ
the liver suffers from a vomica, the same things are to be done, which (are done)
 in ceteris interioribus suppurationibus. Quidam etiam aperiunt
in the other internal suppurations. Some even open (make an
 contra id scalpello, et adurunt vomicam
opening) opposite it with a scalpel, and burn (cauterize) the vomica
 ipsam.
itself.

CAP. IX.

CHAP. IX.

Lienosi.

Splenetic (Persons).

At lienis, ubi affectus est, intumescit, que simul cum
But the spleen, when it has been affected, swells, and together with
 eo (sc. liene) sinistra pars; que ea (pars) est dura, et renititur
it, the left side; and it is hard, and resists
 prementi: venter est intentus: etiam est aliquis
(any thing) pressing: the belly is stretched (tense): also there is some
 tumor cruribus; ulcera aut non sanescunt omnino, aut
swelling in the legs; ulcers either do not heal at all, or
 certe vix recipiunt cicatricem: est dolor et
at least scarcely admit of a cicatrix (cicatrization): there is pain and
 quædam difficultas in intentâ ambulatione que cursu. Quies augeat hoc
some difficulty in brisk walking and running. Rest increases this
 vitium: itaque est opus exercitatione et labore; ratione
disease: therefore there is need of exercise and labour; care
 tamen habitâ, (ut) ista si processerint nimium,
however being taken, that these things if they should proceed (be carried) too far,
 ne excitent febrem. Unctiones, que frictiones, et sudores
do not excite fever. Inunctions, and frictions, and sweatings
 sunt necessarii. Omnia dulcia sunt inimica; item lac
are necessary. All sweet things are prejudicial; likewise milk

diutius continendus est. Ira, trepidatio, pondus, ictus, cursus, inimica sunt. Perfusio corporis multa prodest ex aqua, si hiems est, calida; si æstas, tepida: item liberalis unctio, et in balneo sudor. Si vero jecur vomica laborat, eadem faciendâ sunt, quæ in ceteris interioribus suppurationibus. Quidam etiam contra id scalpello aperiunt, et ipsam vomicam adurunt.

intumescit, simulque cum eo pars sinistra; eaque dura est, et prementi renititur: venter intentus est: aliquis etiam cruribus tumor est: ulcera aut omnino non sanescunt, aut certe cicatricem vix recipiunt: in intentâ ambulatione cursuque dolor et quædam difficultas est. Hoc vitium quies augeat: itaque exercitatione et labore opus est; habitâ tamen ratione, ne febrem ista, si nimium processerint, excitent. Unctiones, frictionesque, et sudores necessarii

CAP. IX.—*Lienosi.*—At lienis ubi affectus est,

et casens : autem acida conveniunt maxime. Ergo
 and cheese : but acid things suit most (best) of all. Therefore
 expedit sorbere acre acetum per se, et etiam magis, quod
 it is proper to drink sharp vinegar by itself, and still more, (that) which
 conditum est scillâ. Salsamenta, vel oleæ ex durâ
 has been seasoned (mixed) with squills. Salt fish, or olives from hard
 muriâ, sunt edenda ; lactucæ tinctæ in aceto, que
 (strong) brine, are to be eaten ; lettuces steeped in vinegar, and
 intubi ex eodem ; betæ ex sinapi, asparagus, armoracia,
 endives from the same ; beet with mustard, asparagus, horseradish,
 pastinaca, ungulæ, rostra, macræ aves, venatio ejûsdem generis.
 parsnip, the hoofs, the cheeks, lean birds, game of the same kind.
 Vero incoctum absinthium debet dari jejuno,
 But boiled wormwood (decoction of) ought to be given to the (patient) fasting,
 potui : at post cibum aqua a ferrario fabro, in quâ
 for drink : but after food water from a smith's forge, in which
 candens ferrum tinctum sit subinde : enim hæc vel
 hot iron has been dipped (extinguished) frequently : for this even
 præcipue coerct lienem. Quod animadversum est in iis
 specially contracts the spleen. Which has been observed in those
 animalibus quæ, educata apud hos fabros, habent exiguos lienes.
 animals which, brought up with those smiths, have small spleens.
 Tenue, austerum, vinum etiam potest dari ; que omnia in cibis et
 Thin, rough, wine also may be given ; and all things in foods and
 potionibus quæ sunt (supple utilia) movendæ urinæ. Que vel
 drinks which are (suitable) for promoting the urine. And either
 semen trifolii (Psoralea bituminosa) vel cuminum præcipue valet ad
 the seed of trefoil or cumin is especially available for
 id, vel apium, vel serpyllum, vel cytissus, vel portulaca, vel nepeta,
 that, or parsley, or thyme, or cytissus, or purslain, or catmint,
 vel thymum, vel hyssopum, vel satureia. enim hæc videntur
 or thyme,, or hyssop, or satyrior : for these seem
 commodissime educere humorem inde. Bubulus lienis quoque
 most conveniently to draw out the humour from thence. An ox's spleen also
 datur utiliter esui ; que eruca, et nasturtium præcipue
 is given advantageously for eating ; and basil, and water-cresses specially
 extenuant lienem. Quæ levent sunt quoque imponenda
 attenuate (reduce) the spleen. Those things which ease are also to be applied
 extrinsecus. Fit ex unguento, quod Græci vocant
 from without (externally). It is made from an ointment, which the Greeks call
 μυροβάλανον (murobalanon), et palmulis : fit ex semine
 and dates : it is made from the seed

sunt. Ducia omnia inimica sunt ; item lac et caseus : acida autem maxime conveniunt. Ergo acetum acre per se sorbere, et magis etiam, quod scilla conditum est, expedit. Edenda sunt salsamenta, vel oleæ ex muriâ dura ; tinctæ in aceto lactucæ, intubique ex eodem, betæ ex sinapi, asparagus, armoracia, pastinaca, ungulæ, rostra, aves macræ, ejusdem generis venatio. Potui vero jejuno dari debet absinthium incoctum : at post cibum aqua a ferrario fabro, in qua candens ferrum subinde tinctum sit : hæc enim vel præcipue lienem coërcet. Quod animadversum est in iis anima-

libus, quæ apud hos fabros educata exiguos lienes habent. Potest etiam dari vinum tenue, austerum ; omniaque in cibis et potionibus, quæ urinæ movendæ sunt. Præcipueque ad id valet vel trifolii semen, vel cuminum, vel apium, vel serpyllum, vel cytissus, vel portulaca, vel nepeta, vel thymum, vel hyssopum, vel satureia : hæc enim inde commodissime videntur humorem educere. Lienis quoque bubulus utiliter esui datur ; præcipueque eruca et nasturtium lienem extenuant. Imponenda quoque extrinsecus sunt, quæ levent. Fit ex unguento et palmulis, quod μυροβάλανον Græci

lini et nasturtii, quo vinum et oleum adjicitur;
of the flax plant and water-cress, with which wine and oil is added (is
 fit ex viridi cupresso et aridâ ficu: fit ex
mixed); it is made of green cypress and dried fig: it is made of
 sinapi, cui quarta pars ponderis hircini sevi a renibus
mustard, to which a fourth part of the weight of goat's suet from the kidneys
 adjicitur, que teritur in sole, et imponitur protinus. Que
is added, and it is rubbed in the sun, and is applied immediately. And
 cappari est aptum huic rei multis modis: nam est commodum
capers is fit for this thing in many ways: for it is advantageous
 et assumere ipsum cum cibo, et sorbere muriam ejûs
both to take itself with the food, and to swallow the pickle of it
 cum aceto. Quin etiam, expedit imponere extrinsecus contritam
with vinegar. Moreover, it is useful to apply externally the bruised
 radicem vel corticem ejûs cum furfuribus, aut cappari ipsum
root or the bark of it with bran, or the caper itself
 contritum cum melle. Malagmata quoque aptantur
bruised with honey. Plastic compositions (plaisters) also are suited
 huic rei.
for this thing.

CAP. X.

CHAP. X.

Morbi Renum.
 Diseases of the Kidneys.

At ubi renes sunt affecti habent male diu. Est
But when the kidneys are affected they make ill a long time. It is
 pejus si frequens biliosus vomitus accedit. Oportet conquirere;
worse if a frequent bilious vomiting comes on. It behooves to rest quiet;
 cubare molliter: solvere alvum: etiam ducere si non
to lie softly: to relax the belly: even to clyster it if it does not
 respondet aliter: sæpe desiderare in calidâ aquâ: assumere neque
answer otherwise: frequently to sit down in hot water: to take neither
 cibum neque potionem frigidam: abstinere ab omnibus salsis, acribus,
food nor drink cold: to abstain from all salt, sharp,
 acidis, pomis: bibere liberaliter: adjicere modo cibo,
acid (things), apples: to drink freely: to add sometimes to the food,
 modo potioni, piper, porrum, ferulam, album papaver, quæ
sometimes to the drink, pepper, leek, assafoetida, white poppy, which

vocant: fit ex lini et nasturtii semine, quo vinum et oleum adjicitur: fit ex cupresso viridi, et arida ficu: fit ex sinapi, cui sevi hircini a renibus quarta pars ponderis adjicitur, teriturque in sole, et protinus imponitur. Multisque modis huic rei cappari aptum est: nam et ipsum cum cibo assumere, et muriam ejus cum aceto sorbere commodum est. Quin etiam extrinsecus radicem contritam, vel corticem ejus cum furfuribus, aut ipsum cappari cum melle contritum imponere expedit. Malagmata quoque huic rei aptantur.

CAP. X.—*Renum Morbi.*—At renes ubi affecti sunt, diu male habent. Pejus est, si frequens biliosus vomitus accedit. Oportet conquirere: cubare molliter: solvere alvum; si aliter non respondet, etiam ducere: sæpe desiderare in aqua calida: neque cibum, neque potionem frigidam assumere: abstinere ab omnibus salsis, acribus, acidis, pomis: bibere liberaliter: adjicere modo cibo, modo potioni piper, porrum, ferulam, album papaver, quæ maxime inde urinam movere consueverunt. Auxilio quo-

maxime consuerunt movere urinam inde (sc. e renibus).
 most of all have been accustomed to excite the urine from thence.

Sexaginta semina cucumeris, corticibus detractis, duodecim
 Sixty seeds of the cucumber, with the rinds peeled off (blanched), twelve
 nuclei ex silvestre pinu, anisi quod possit sumi tribus
 nuts from the wood pine, of anise what may be taken by three
 digitis, paulum croci, contrita et divisa in duas potiones
 fingers, a little (of) saffron, bruised and divided into two draughts

mulsi, quoque sunt (pro afferunt) auxilio his (sc. renibus: Dativ.
 of honeyed wine, also bring relief to these
 duplex) exulceratis, si ulcera sunt adhuc purganda. Vero
 (when) ulcerated, if the ulcers are as yet to be cleansed. But

si dolor est tantum levandus, triginta semina cucumeris ejusdem,
 if pain is only to be relieved, thirty seeds of cucumber the same,
 viginti nuclei iidem (sc. ex pinu silvest.), quinque nuces Græcæ, paulum
 twenty nuts the same, five almonds, a little

croci, contrita et data cum lacte potui. Ac super (hæc)
 saffron, bruised and given with milk for drink. And besides (these)

quædam malagmata quoque injiciuntur recte; que maxime ea
 some plaisters also are applied properly; and especially those
 (malagmata) quæ sunt (idonea) extrahendo humori.
 which are (proper) for drawing out the humour.

CAP. XI.

CHAP. XI.

Morbi Intestinorum.
 Diseases of the Intestines.

Veniendum est (nobis) a visceribus ad intestina, quæ sunt
 We must come from the viscera to the intestines, which are

obnoxia et acutis et longis morbis. Que primo, mentio cholerae
 subject both to acute and chronic diseases. And first, mention of cholera

est facienda; quia id potest videri commune vitium
 is to be made; because that may seem a common disease

stomachi atque intestinorum. Nam est et
 (the disease equally) of the stomach and of the intestines. For there is both

dejectio et vomitus simul: que præter hæc est inflatio,
 purging and vomiting at the same time: and besides these there is flatulence,

que his exulceratis sunt, si adhuc ulcera purganda sunt, cucumeris semina detractis corticibus sexaginta, nuclei ex pinu silvestri duodecim, anisi quod tribus digitis sumi possit, croci paulum, contrita et in duas mulsi potiones divisa. Si vero dolor tantum levandus est, ejusdem cucumeris semina triginta, iidem nuclei viginti, nuces Græcæ quinque, croci paulum, contrita et cum lacte potui data. Ac super quoque recte quædam malagmata inji-

ciuntur; maximeque ea, quæ humori extrahendo sunt.

CAP. XI.—*Intestinorum Morbi.*—A VISCERIBUS ad intestina veniendum est, quæ sunt et acutis et longis morbis obnoxia. Primoque facienda mentio est cholerae; quia commune id stomachi atque intestinorum vitium videri potest. Nam simul et dejectio et vomitus est: præterque hæc inflatio est, intestina torquentur, bilis

intestina torquentur, bilis erumpit supra que infra, primum
the intestines are pained, bile breaks out upwards and downwards, at first
 similis aquæ, deinde ut recens caro videatur
like to water, afterwards so that fresh meat (raw beef) seems
 lota esse in eâ (sc. aquâ), interdum alba, nonnunquam nigra,
to have been washed in it, sometimes white, sometimes black,
 vel varia. Ergo Græci eo nomine, nominarunt
or various. Therefore the Greeks on that account (for this reason), have named
 hunc morbum *χολέραν* (cholera). Vero præter ea quæ sunt
this disease cholera. But besides those things which are
 comprehensa supra, crura que manus etiam sæpe contrahuntur,
comprehended above, the legs and hands also often are contracted (convulsed),
 sitis urget, anima deficit: quibus concurrentibus, est
thirst troubles, life fails (fainting comes on): which concurring, it is
 non mirum, si quis moritur subito. Neque tamen
not wonderful, if a person dies suddenly. Nor however
 succurritur (impers. a nobis) ulli morbo minori
is it assisted to any disease (nor is any disease relieved) with less
 momento. Ergo protinus, ubi ista cæperunt,
moment (difficulty). Therefore immediately, when those (symptoms) have begun,
 oportet bibere quam plurimum, tepidæ aquæ, et vomere.
it behooves to drink as much as possible, of warm water, and to vomit.
 Vix unquam vomitus non sequitur sic; sed
Scarcely ever vomiting does not follow thus (this treatment); but
 etiamsi non incidit (sc. vomitus), tamen miscuisse novam
although it does not happen, yet to have mixed the new
 materiam corruptæ, prodest; que est pars sanitatis
matter with the corrupted, benefits; and it is a part of health (a step towards
 vomitum suppressum esse. Si id incidit protinus
recovery) that the vomiting has been suppressed. If that happens immediately
 abstinendum est (sc. ægro) ab omni potione. Vero si est
he must refrain from every (kind of) drink. But if there are
 tormina, oportet fovere stomachum frigidis et humidis fomentis
gripes, it behooves to bathe the stomach with cold and humid fomentations
 (fomentum significat; vel si venter dolet, iisdem egelidis,
(any thing laid on the part;) or if the belly is in pain, with the same lukewarm,
 sic, ut, venter ipse juvetur mediocriter
so, that, the belly itself be assisted (relieved) (with things) moderately
 calentibus. Quod si et vomitus, et dejectio, et sitis vexant
heating (warm). But if both vomiting, and purging, and thirst trouble
 vehementer, et quæ vomuntur sunt adhuc subcruda, tempus est nondum
vehemently, and what are vomited are as yet (still) crudish, the time is not yet

supra infraque erumpit, primum aquæ similis, deinde ut in ea recens caro lota esse videatur, interdum alba, nonnunquam nigra, vel varia. Ergo eo nomine morbum hunc *χολέραν* Græci nominarunt. Præter ea vero, quæ supra comprehensa sunt, sæpe etiam crura manusque contrahuntur, urget sitis, anima deficit: quibus concurrentibus, non mirum est, si subito quis moritur. Neque tamen ulli morbo minori momento succurritur. Protinus ergo, ubi ista cæperunt, aquæ tepidæ quam plurimum bibere oportet, et vomere. Vix unquam sic non vomitus

sequitur; sed etiamsi non incidit, miscuisse tamen novam materiam corruptæ prodest; paræque sanitatis est, vomitum esse suppressum. Si id incidit, protinus ab omni potione abstinendum est. Si vero tormina sunt, oportet frigidis et humidis fomentis stomachum fovere; vel, si venter dolet, iisdem egelidis, sic, ut venter ipse mediocriter calentibus juvetur. Quod si vehementer et vomitus, et dejectio, et sitis vexant, et adhuc subcruda sunt, quæ vomuntur, nondum vino maturum tempus est: aqua, neque ea ipsa frigida, sed potius egelida

maturum vino: aqua est danda, neque ea ipsa frigida,
mature (seasonable) for wine: water is to be given, nor that itself cold,
 sed potius egelida: que pulegium ex aceto est admovendum
but rather lukewarm: and pennyroyal with vinegar is to be applied
 naribus, vel polenta aspersa vino, vel secundam naturam
to the nostrils, or barley-meal sprinkled with wine, or according to the nature
 (sc. casus) mentha est (admovenda.) At cum cruditas
(the habits, &c.) mint is (to be applied.) But when the crudity
 discussa est, tum est magis verendum, ne anima deficiat.
has been removed, then it is more to be feared, lest life fail
 Ergo tum confugiendum est ad vinum.
(fainting come on). Therefore then we must have recourse to wine.
 Oportet id esse tenue, odoratum, mixtum cum frigida
It behooves that that be thin, scented (aromatic), mixed with cold
 aqua; vel expedit assumere polenta, adjecta, vel melle
water; or it is proper to take it with barley-meal added, or with honey
 quoque: que quoties aut stomachus aut venter effudit
also: and as often as either the stomach or belly has poured forth
 aliquid, toties restituere vires per hæc (sc. auxilia.)
(discharged) any thing, so often to restore the strength by these means.
 Erasistratus dixit potionem esse primo aspergendam
Erasistratus has said that the drink was at first to be sprinkled (mixed)
 tribus aut quinis guttis vini; deinde paulatim merum adjiendum.
with three or five drops of wine; then by degrees pure wine to be added.
 Is, si et dedit vinum ab initio, et secutus est
He, if he both gave wine from the beginning, and followed (entertained)
 metum cruditatis (potiusne metus cruditatis secutus est?) fecit non
the fear of crudity (the fear of crudity followed?) acted not
 sine causa: si putavit vehementem infirmitatem
without a cause (without reason): if he thought that urgent weakness (debility)
 posse adjuvari tribus guttis, erravit. At si homo est inanis,
could be assisted by three drops, he erred. But if the person is empty,
 et ejus crura contrahuntur, potio absinthii est interponenda.
and his legs are contracted, a potion of wormwood is to be interposed.
 Si extremæ partes corporis frigent, sunt ungendæ calido oleo
If the extreme parts of the body are cold, they are to be anointed with warm oil
 cui paulum ceræ adjectum sit, que nutriendæ calidis fomentis.
to which a little wax has been added, and to be cherished by hot fomentations.
 Si quies ne facta est quidem sub his cucurbitula
If ease has not been caused even under these (means) a cupping-glass
 est admovenda extrinsecus contra ventriculum ipsum, aut sinapi
is to be applied externally against (over) the stomach itself, or mustard

danda est: admovendumque naribus est pulegium ex aceto, vel polenta vino aspera, vel mentha secundum naturam est. At cum discussa cruditas est, tum magis verendum est, ne anima deficiat. Ergo tum confugiendum est ad vinum. Id esse oportet tenue, odoratum, cum aqua frigida mixtum; vel polenta adjecta, vel melle quoque assumere expedit: quotiesque aliquid aut stomachus, aut venter effudit, toties per hæc vires restituere. Erasistratus primo tribus vini guttis, aut quinque aspergendam potionem esse dixit; deinde paulatim merum

adjiendum. Is, si et ab initio vinum dedit, et metum cruditatis secutus est, non sine causa fecit: si vehementem infirmitatem adjuvari posse tribus guttis putavit, erravit. At si inanis est homo, et crura ejus contrahuntur, interponenda potio absinthii est. Si extremæ partes corporis frigent, ungendæ sunt calido oleo, cui ceræ paulum sit adjectum, calidisque fomentis nutriendæ. Si ne sub his quidem quies facta est, extrinsecus contra ventriculum ipsum cucurbitula admovenda est, aut sinapi superimponendum. Ubi is constitit, dormire

superimponendum. Ubi is (ventriculus) constitit, oportet
to be applied upon it. When it has (become) composed, it behooves
dormire: postero die, utique, abstinere a potione:
(him) to sleep: on the following day, moreover, to abstain from drink:
tertio die ire in balneum: paulatim reficere se cibo:
on the third day to go into the bath: gradually to recruit himself with food.
quisquis adquiescit facile (reficere se) somno; que item lassitudine et frigore.
whosoever rests easily by sleep; and also from lassitude and cold.
Si febricula manet post choleram suppressam, est necessarium
If feverishness continues after the cholera (being) suppressed, it is necessary
alvum duci: tum utendum est cibis que vino.
that the belly be clystered: then he ought to use foods and wine.

CAP. XII.

CHAP. XII.

Cæliacus Morbus.
Cæliac Disease.

Sed hic morbus quidem et est acutus, et versatur sic inter
But this disease indeed also is acute, and is so between
intestina que stomachum, ut possit non facile dici cuius partis
the intestines and stomach, that it cannot easily be said of which part
sit potissimum. Vero is consistit in portâ ventriculi
it is chiefly. But it stops (is seated) in the gate (pylorus) of the stomach
ipsius, et qui (morbus) consuevit esse longus: nominatur
itself, and which has been accustomed to be long: it is named
a Græcis κοιλιακός (koliakos). Sub hoc venter indurescit, que
by the Greeks cæliacus. During it the belly grows hard, and
est dolor ejus (sc. ventris): alvus reddit nihil, ac ne
there is pain of it: the belly voids nothing, and does not
transmittit quidem spiritum: extremæ partes frigescunt: spiritus
transmit even air: the extreme parts grow cold: the breath
redditur difficulter. Est commodissimum inter initia imponere
is rendered difficultly. It is most suitable at the beginning to apply
calida cataplasmata toti ventri, ut leniant dolorem: vomere
warm cataplasms to the whole belly, that they may mitigate the pain: to vomit
post cibum, atque ita exinanire ventrem: deinde proximis diebus
after food, and thus to empty the belly: then on the next days
admovere cucurbitulas sine ferro ventri et coxis:
to apply the cupping-glasses without the scarificator to the belly and hips:

oportet: postero die utique a potione abstinere:
die tertio in balneum ire: paulatim se cibo re-
ficere: somno quisquis facile adquiescit; item-
que lassitudine et frigore. Si post suppressam
choleram febricula manet, alvum duci neces-
sarium est: tum cibis vinoque utendum est.

CAP. XII.—*Cæliacus Morbus.*—SED hic quidem
morbus et acutus est, et inter intestina stoma-
chumque versatur sic, ut, cuius potissimum

partis sit, non facile dici possit. In ipsius vero
ventriculi porta consistit is, qui et longus esse
consuevit: κοιλιακός a Græcis nominatur. Sub
hoc venter indurescit, dolorque ejus est: alvus
nihil reddit, ac ne spiritum quidem transmittit:
extremæ partes frigescunt: difficulter spiritus
redditur. Commodissimum est inter initia ca-
lida cataplasmata toti ventri imponere, ut do-
lorem leniant: post cibum vomere, atque ita
ventrem exinanire: proximis deinde diebus cu-

liquare ventrem ipsum lacte dato, et salso vino, frigido; si
 to loosen the belly itself by milk being given, and salt wine, cold; if
 tempus anni patitur, etiam viridibus ficis; sic tamen,
 the time of the year (season) permits, also by green figs; so however,
 ne quis aut cibis, aut humor detur universus, sed
 that not any either (neither) food, or liquid be given whole (all at once), but
 paulatim. Ergo est sat sumere binos ve ternos cyathos per
 by degrees. Therefore it is sufficient to take two or three glasses at
 intervalla temporis, et cibum pro portione hujus: que cyathus
 intervals of time, and food in proportion (of) to this: and a cup
 aquæ mixtus cyatho lactis, et sic datus, facit commode:
 of water mixed with a cup of milk, and so given, does suitably (answers
 que inflantes (?) et acres cibi sunt utiliores; adeo ut
 well): and inflating and sharp foods are more useful; so that
 contritum allium quoque adjiciatur recte lacti. Vero
 bruised garlic even may be added properly to the milk. But
 tempore procedente, est opus gestari; que maxime navigare;
 time proceeding, it is necessary to be carried; and especially to sail;
 perfricari ter aut quater die, sic ut nitrum (sodæ
 to be rubbed three or four times in the day, so that natron
 carbonas) adjiciatur oleo; perfundi calidâ aquâ post cibum;
 be added to the oil; to be affused with hot water after food;
 deinde imponere sinapi per omnia membra (sc. corporis), capite
 then to apply mustard over all the parts, the head
 excepto, donec (corpus) arrodatur et rubeat; que maxime si
 being excepted, until it be corroded and grow red; and especially if
 corpus est durum et virile; deinde transitus est
 the body is hard (firm) and manly; afterwards a transition (change) is
 faciendus paulatim ad ea quæ comprimunt alvum.
 to be made by degrees to those things which compress (bind) the belly.
 Assa caro, valens, et quæ non facile corrumpatur, danda:
 Roasted meat, strong, and which cannot easily be corrupted, (is) to be given:
 vero potui pluvialis aqua decocta, sed quæ bibatur per binos
 but for drink rain water boiled, but which may be drunk by two
 ve ternos cyathos. Si vitium est vetus, oportet
 or three glasses (full at a time). If the disease is old, it behooves
 devorare optimum quam laser ad magnitudinem piperis:
 to swallow the best possible assafœtida to the size of a (whole) pepper:
 quoque altero die bibere vinum vel aquam: interdum sorbere
 on every other day to drink wine or water: sometimes to drink
 singulos cyathos vini, cibo interposito: infundere ex inferiori
 single glasses of wine, food being interposed: to inject from the lower

curbitulas sine ferro ventri et coxis admove: ventrem ipsum liquare dato lacte, et vino salso, frigido; si tempus anni patitur, etiam viridibus ficis; sic tamen, ne quis aut cibis, aut humor universus detur, sed paulatim. Ergo per intervalla temporis sat est cyathos binos ternosve sumere, et cibum pro portione hujus: commodeque facit cyatho lactis cyathus aquæ mixtus, et sic datus: cibique inflantes et acres utiliores sunt; adeo ut lacti quoque recte contritum allium adjiciatur. Procedente vero tempore, opus est gestari; maximeque navigare; perfricari ter aut quater die, sic, ut ni-

trum oleo adjiciatur; perfundi aqua calida post cibum; deinde sinapi imponere per omnia membra, excepto capite, donec arrodatur et rubeat; maximeque si corpus durum et virile est: paulatim deinde faciendus est transitus ad ea, quæ ventrem comprimunt. Assa caro danda, valens, et quæ non facile corrumpatur: potui vero, pluvialis aqua decocta, sed quæ per binos ternosve cyathos bibatur. Si vetus vitium est, oportet laser quam optimum ad piperis magnitudinem devorare: altero quoque die vinum vel aquam bibere: interdum interposito cibo, singulos vini cyathos sorbere: ex infe-

parte pluviatilem aquam egelidam, que maxime si dolor remanet
part rain water lukewarm, and especially if the pain remains
in imis partibus.
in the lowest parts.

CAP. XIII.

CHAP. XIII.

Morbus tenuioris Intestini.
Disease of the smaller Intestine.

Vero duo morbi consistunt inter intestina ipsa;
But two diseases exist between (are peculiar to) the intestines themselves;
alter quorum est in tenuiore alter in pleniore.
the one of which is in the thinner (smaller) the other in the fuller (large
intestine). Prior est acutus; insequens potest esse
The former is acute; the following (the other) may be
longus. Diocles Carystius nominavit morbum tenuioris intestini
long. Diocles the Carystian named the disease of the smaller intestine
χόρδαψον (chordapson), plenioris εἰλεὸν (eileon). Video illum
chordapsus, that) of the larger ileus. I see that that
priorem nominari nunc a plerisque εἰλεὸν (eileon), hunc κολικὸν
former one is named now by most persons ileus, the latter colic.
(kolikon). Sed prior movet dolorem modo supra umbilicum,
But the former excites pain sometimes above the umbilicus
modo sub umbilico. Inflammatio fit in
(navel), sometimes under the umbilicus. Inflammation is produced in
alterutro loco; nec alvus nec spiritus transmittitur infra:
one or other place: neither excrement nor wind is transmitted downwards:
si superior pars est affecta, cibus, si inferior, stercus
if the upper portion is affected, the food, if the lower, the excrement
redditur per os; si utrumlibet est vetus. Biliosus vomitus,
is returned by the mouth; if either it is old. Bilious vomiting,
mali odoris, aut varius, aut niger, adjicit periculo. Remedium
of bad smell, or various, or black, adds to the danger. The remedy
est mittere sanguinem; vel admovere cucurbitulas pluribus locis,
is to let blood; or to apply the cupping-glasses in several places,
cute non incisâ ubique: enim id (sc. cutem incidere) duobus
the skin not being cut every where: for that in two
aut tribus locis est satis: est abunde evocare spiritum ex
or three places is sufficient: it is sufficient to draw out the air from

riori parte infundere pluviatilem egelidam
aquam, maximeque, si dolor in imis partibus
remanet.

CAP. XIII.—*Tenuioris Intestini Morbus.*—INTER
ipsa vero intestina consistunt duo morbi; quo-
rum alter in tenuiore, alter in pleniore est.
Prior acutus est; insequens esse longus potest.
Diocles Carystius tenuioris intestini morbum
χόρδαψον, plenioris εἰλεὸν nominavit. A pleris-
que video nunc illum priorem εἰλεὸν, hunc

κολικὸν nominari. Sed prior modo supra umbi-
licum, modo sub umbilico dolorem movet.
Fit in alterutro loco inflammatio: nec alvus,
nec spiritus infra transmittitur: si superior
pars affecta est, cibus, si inferior, stercus per
os redditur; si utrumlibet vetus est. Adjicit
periculo vomitus biliosus, mali odoris, aut va-
rius, aut niger. Remedium est, sanguinem
mittere; vel cucurbitulas pluribus locis admo-
vere, non ubique cute incisâ: id enim duobus
aut tribus locis satis est: ex ceteris spiritum

ceteris. Tum oportet animadvertere, quo loco malum sit; the others. Then it behooves to consider, in what place the disease is; enim solet tumere contra id. Et si est supra for it is accustomed to swell opposite that. And if it is above umbilicum, ductio alvi est non utilis: si est infra, the umbilicus, clystering of the belly is not serviceable: if it is beneath, ducere alvum, ut placuit Erasistrato, est optimum; et id to clyster the belly, as it pleased Erasistratus, is best; and that (of) auxilii sæpe est satis. Autem ducitur percolato cremore aid often is sufficient. But it is clystered by the strained cream ptisanæ, cum oleo et melle, sic, ut nihil præterea adjiciatur. of ptisan, with oil and honey, so, that nothing besides be added. Si nihil tumet, oportet imponere duas manus supra summum If nothing swells, it behooves to place the two hands upon the top of ventrem, que deducere paulatim: enim locus mali the belly, and to bring them down gradually: for the place of the disease invenietur, qui, est necesse, renitatur; et ex eo will be found, which, it is necessary (necessarily), resists; and from that poterit deliberari alvus sit ducenda, necne. it will be able to be determined whether the belly is to be clystered, or not. Illa sunt communia: admoveere calida cataplasmata, que imponere These are common: to apply hot cataplasms, and to apply ea a mammis usque ad inguina et spinam, ac them from the mammæ as far as to the groins and spine, and sæpe mutare: perfricare brachia que crura: demittere totum often to change (them): to rub the arms and legs: to lower the whole hominem in calidum oleum: si dolor non quiescit, dare etiam person into hot oil: if the pain does not subside, to inject also in alvum ex inferiore parte tres aut quatuor cyathos calidi into the belly from the inferior part three or four cups of hot olei. Ubi per hæc consecuti sumus ut spiritus jam oil. When by these (means) we have effected that the air be now transmittatur ex inferiore parte, offerre tepidum mulsum transmitted from the lower part, to offer (allow) tepid honeyed wine non multum, potui: nam ante vitandum est (sc. nobis) not much (not too plentifully), for drink: for previously we must guard summâ curâ bibat ne quid. Si id with the greatest care that he drink not any thing (drink nothing). If that cessit commode, adjicere sorbitionem. Ubi dolor has happened suitably (agreed well), to add gruel. When the pain et febricula quierunt, tum demum uti pleniore cibo; sed neque and fever have subsided, then at length to use fuller diet; but neither

evocare abunde est. Tum animadvertere oportet, quo loco malum sit: solet enim contra id tumere. Et si supra umbilicum est, alvi ductio utilis non est: si infra est, alvum ducere, ut Erasistrato placuit, optimum est; et sæpe id auxilii satis est. Ducitur autem percolato ptisanæ cremore, cum oleo et melle, sic, ut præterea nihil adjiciatur. Si nihil tumet, duas manus imponere oportet supra summum ventrem, paulatimque deducere: invenietur enim mali locus, qui necesse est renitatur; et ex eo deliberari poterit, ducenda, necne, alvus sit. Illa communia sunt: calida

cataplasmata admoveere, eaque imponere a mammis usque ad inguina et spinam, ac sæpe mutare: brachia cruraque perfricare: demittere totum hominem in calidum oleum: si dolor non quiescit, etiam in alvum ex parte inferiore tres aut quatuor cyathos calidi olei dare. Ubi per hæc consecuti sumus, ut jam ex inferiore parte spiritus transmittatur, offerre potui mulsum tepidum non multum: nam ante magna cura vitandum est, ne quid bibat. Si id commode cessit, adjicere sorbitionem. Ubi dolor et febricula quierunt, tum demum uti cibo pleniore; sed neque infante,

infante, neque duro, neque valido, ne intestina adhuc imbecilla, inflating, nor hard, nor strong, lest the intestines as yet weak, lædantur. Vero (sumere suppleas) nihil potui, præterquam puram be injured. But to take nothing for drink, except pure aquam. Nam sive quid est vinolentum, sive acidum, id water. For whether any thing is vinous, or acid (acidulous), that est alienum huic morbo. Ac quoque postea oportet vitare is unsuited to this disease. And even afterwards it behooves to avoid balneum, ambulationem, gestationem, que ceteros motus corporis. the bath, walking, gestation, and the other motions of the body. Nam id malum consuevit redire facile; et sive For that disease has been accustomed to return easily; and whether frigus, sive aliqua jactatio, subit, revertitur, nisi intestinis cold, or any agitation, comes on, it returns, unless the intestines jam bene confirmatis. being already well strengthened (restored to health).

CAP. XIV.

CHAP. XIV.

Morbis	crassioris	(plenioris)	Intestini.
Disease	of the thicker	larger	Intestine.

Autem is morbus, qui est in pleniore intestino, But that disease, which is (arises) in the fuller (larger) intestine, est maxime in eâ parte, quam proposui esse cæcam (sc. partem). is mostly in that part, which I have stated to be (the) blind. Vehemens inflatio fit, vehementes dolores (sup. fiunt) magis Violent inflation takes place, vehement pains more dextrâ parte: intestinum, quod videtur verti, prope on the right side: the intestine, which seems to be inverted, in a manner elidit spiritum. In plerisque oritur post frigora que cruditates, squeezes out the air. In most (cases) it arises after colds and crudities, deinde quiescit; et per ætatem sæpe repetens sic cruciat, then it subsides; and during the whole of life often returning thus torments, ut demat nihil spatio vitæ. Ubi though it takes nothing from the length (does not shorten) of life. Where is dolor cœpit, oportet admovere sicca et calida fomenta; that pain has begun, it behooves to apply dry and hot fomentations; sed primo lenta, deinde validiora; que simul evocare but at first mild, afterwards stronger; and at the same time to call forth

neque duro, neque valido, ne intestina adhuc imbecilla lædantur. Potui vero nihil, præterquam puram aquam. Nam sive quid vinolentum sive acidum est, id huic morbo alienum est. Ac postea quoque vitare oportet balneum, ambulationem, gestationem, ceterosque corporis motus. Nam facile id malum redire consuevit; et sive cum frigus subit, sive aliqua jactatio, nisi bene jam confirmatis intestinis, revertitur.

CAP. XIV.—Intestini crassioris Morbus.—Is au-

tem morbus, qui in intestino pleniore est, in ea maxime parte est, quam cæcam esse proposui. Vehemens fit inflatio, vehementes dolores, dextra magis parte: intestinum, quod verti videtur, prope spiritum elidit. In plerisque post frigora cruditatesque oritur, deinde quiescit; et per ætatem sæpe repetens sic cruciat, ut vitæ spatium nihil demat. Ubi is dolor cœpit, admovere sicca et calida fomenta oportet; sed primo lenta, deinde validiora; simulque frictione ad extremas partes, id est, crura brachiaque materiam evocare: si discus-

materiam frictione ad extremas partes, id est
the matter (cause a derivation) by friction to the extreme parts, that is,
 crura que brachia; si est non discussus, defigere cucurbitulas
the legs and arms; if it is not removed, to fix on the cupping-glasses
 sine ferro, qua dolet. Medicamentum etiam
without the scarificator, where it is painful. A medicine also
 comparatum est causâ ejus rei quod nominatur κολικόν
has been prepared for the sake of that thing which is named colic.
 (kolikon). Cassius gloriabatur se reperisse id.
Cassius used to boast that he had found out (discovered) that.
 Datum potui prodest magis: sed quoque impositum extrinsecus
Given for drink it benefits more: but even applied externally
 levat dolorem, digerendo spiritum. Vero neque cibus neque potio
it eases the pain, by dispersing the wind. But neither food nor drink
 recte assumitur, nisi tormento finito. Quo victu
is rightly taken, except the pain being terminated. What (kind of) diet
 iis ("iis" in dativo est), qui tentantur hoc genere (sc. morbi)
they, who are troubled with this kind
 utendum sit, jam dictum est mihi. Confectio
ought to use, already has been mentioned by me. The composition
 medicamenti, quod nominatur κολικόν (kolikon), constat ex his.
of the medicine, which is named colic, consists of these
 Costi, anisi, castorei, singulorum p.)-(. iii.
(the following). Of spikenard, aniseed, castor, of each p.)-(. iii.
 petroselini p. den. iii. longi et rotundi piperis singulorum p.)-(. ii.
parsley p. den. iii. of long and of round pepper of each p.)-(. ii.
 lacrimæ papaveris (opium,) rotundi junci, myrrhæ, nardi,
of the tears of the poppy (opium,) of the round rush, myrrh, spikenard,
 singulorum p.)-(. vi. quæ excipiuntur melle. Autem id
of each p.)-(. vi. which are received in (incorporated with) honey. But that
 potest et devorari, et sumi ex calidâ aquâ.
may both be swallowed, and taken out of (with) warm water.

CAP. XV.

CHAP. XV.

Tormina.

Dysentery.

Tormina consueverunt esse inter mala intestinorum
Gripes have been accustomed to be amongst the diseases of the intestines

sus non est, qua dolet, cucurbitulas sine ferro defigere. Est etiam medicamentum ejus rei causa comparatum, quod κολικόν nominatur. Id se reperisse Cassius gloriabatur. Magis prodest potui datum: sed impositum quoque extrinsecus, digerendo spiritum, dolorem levat. Nisi finito vero tormento, recte neque cibus neque potio assumitur. Quo victu sit utendum iis, qui hoc genere tentantur, jam mihi dictum est. Confectio medicamenti,

quod κολικόν nominatur, ex his constat. Costi, anisi, castorei, singulorum p.)-(. iii. petroselini p. den. iii. piperis longi, et rotundi, singulorum p.)-(. ii. papaveris lacrimæ, junci rotundi, myrrhæ, nardi, singulorum p.)-(. vi. quæ melle excipiuntur. Id autem et devorari potest, et ex aqua calida sumi.

CAP. XV.—Tormina. — PROXIMA his inter intestinorum mala tormina esse consueverunt:

proxima his: vocatur Græce δυσεντερία (dysenteria). Intestina
next to these: it is called in Greek dysentery. The intestines

exulcerantur intus; cruor manat ex his; que is (cruor)
are ulcerated within; blood flows from them; and it

excernitur, modo cum aliquo stercore semper liquido,
is voided, sometimes with some excrement always liquid,

modo cum quibusdam quasi mucosis: interdum
sometimes with some as it were mucous (things): sometimes

quædam carnosæ descendunt simul: est frequens
some fleshy (things) descend at the same time: there is a frequent

cupiditas dejiciendi, que dolor in ano: aliquid
desire of throwing down (going to stool), and pain in the anus: something

exiguum emittitur cum dolore eodem: atque
scanty is sent out (discharged) with pain the same (in like manner): and

tormentum quoque intenditur eo; que id levatur post aliquod tempus;
the griping also is increased by it; and that is relieved after some time;

que requies est exigua: somnus interpellatur: febricula
and the ease is small (of short duration): sleep is interrupted: feverishness

oritur: que id malum, cum inveteravit longo tempore,
arises: and that disease, when it has inveterated by long time (continu-

aut tollit hominem, aut, etiamsi finitur, excruciat.
ance), either carries off the person, or, although it is terminated, tortures.

Oportet in primis conquirere; siquidem omnis
It behooves in the first place to rest (keep quiet); since all

agitatio exulcerat: deinde (oportet) jejunum sorbere
(kind of) agitation ulcerates: afterwards it behooves him fasting to drink

cyathum vini, cui contrita radix quinquefolii adjecta sit:
a glass of wine, to which the bruised root cinquefoil has been added:

imponere cataplasmata, quæ reprimunt, super ventrem; quod non
to apply cataplasms, which restringe, upon the belly; which does not

expedit in superioribus morbis ventris: que quoties
suit in the former (previous) diseases of the belly; and as often as

desiderat subluere calidâ aquâ, in quâ verbenæ
he sits down to bathe (foment) with hot water, in which vervains

decoctæ sint: edisse portulacam vel coctam, vel ex durâ
have been boiled: to have eaten purslain either boiled, or from hard (strong

muriâ; (edisse) cibos que eas potiones quæ adstringunt
brine (pickle); foods and those drinks which bind

alvum. Si morbus est vetustior infundere ex inferioribus
the belly. If the disease is older to pour in (inject) from the lower

partibus, vel tepidum cremorem ptisanæ, vel lac, vel liquatam
parts, either the tepid cream of ptisan, or milk, or melted

dysenteria Græce vocatur. Intus intestina exulcerantur: ex his cruor manat; iaque modo cum stercore aliquo semper liquido, modo cum quibusdam quasi mucosis excernitur: interdum simul quædam carnosæ descendunt: frequens dejiciendi cupiditas, dolorque in ano est: cum eodem dolore exiguum aliquid emittitur: atque eo quoque tormentum intenditur; idque post tempus aliquod levatur; exiguaque requies est: somnus interpellatur: febricula oritur: longoque tempore id malum, cum inveteravit, aut tollit hominem, aut, etiamsi finitur, excruciat. Oportet in primis conquirere;

siquidem omnis agitatio exulcerat: deinde jejunum sorbere vini cyathum, cui contrita radix quinquefolii sit adjecta: imponere cataplasmata super ventrem, quæ reprimunt; quod in superioribus ventris morbis non expedit: quotiesque desiderat, subluere aqua calida, in qua decoctæ verbenæ sint: portulacam vel coctam, vel ex dura muriâ edisse; cibos potionesque eas, quæ adstringunt alvum. Si vetustior morbus est, ex inferioribus partibus tepidum infundere vel ptisanæ cremorem, vel lac, vel adipem liquatam, vel medullam cervinam, vel oleum, vel cum rosa butyrum, vel cum eadem

adipem, vel cervinam medullam, vel oleum, vel butyrum cum rosâ,
fat, or deers' marrow, or oil, or butter with rose oil,
 aut cum eâdem crudum album ex ovis, aut aquam in quâ
or with the same the raw white of eggs, or water in which
 semen lini decoctum sit: vel, si somnus non accedit, vitellos cum
linseed has been boiled; or, if sleep does not come on, the yolks with
 aquâ, in quâ folia floris rosæ decocta sint. Enim hæc
water, in which the leaves of the flower of the rose have been boiled. For these
 levant dolorem, et efficiunt ulcera mitiora; que sunt maxime
ease the pain, and render the ulcers milder; and are very
 utilia, si fastidium cibi quoque secutum est. Themison prodi-
useful, if loathing of food also has followed. Themison has handed
 dit memoriæ utendum (esse nobis) durâ murîâ quam asperriam
down to memory that we ought (to use) hard brine the roughest possible
 sic. Vero cibi debent esse qui leniter
so (in the same manner). But the foods ought to be those which gently
 adstringant ventrem. At ea (alimenta), quæ movent urinam, si
astringe the belly. But those, which promote the urine, if
 consecuta sunt id, prosunt avertendo humorem in aliam partem;
they have effected that, benefit by diverting the humour into another part;
 si non sunt consecuta, augent noxam: itaque sunt
if they have not effected it, they increase the mischief; therefore they are
 non adhibenda, nisi (in iis) in quibus consuerunt facere
not to be applied, except (in those) in whom they have been accustomed to do
 id promte. Si est febricula, pura calida aqua, vel ea, quæ
that readily. If there is fever, pure warm water, or that, which
 ipsa quoque adstringat, debet dar potui: si est non, leve,
itself also astringes, ought to be given for drink: if there is not, light,
 austerum vinum. Si alia remedia juverunt nihil pluri-
rough wine. If the other remedies have assisted nothing (not relieved) for seve-
 bus diebus, que vitium est jam vetus, potio bene frigida aqua
ral days, and the disease is now old, a draught of very cold water
 assumpta adstringit ulcera, et facit initium secundæ valetudinis.
(being) taken astringes the ulcers, and makes a beginning of good health.
 Sed ubi venter suppressus est, revertendum est (sc. iis) protinus ad
But when the belly has been suppressed, they must return immediately to
 calidam potionem. Autem interdum etiam putris sanies, que pessimi
warm drink. But sometimes also a putrid sanies, and of the worst
 odoris, solet descendere: purus sanguis solet
odour, is accustomed to descend: pure blood is accustomed
 profluere. Si est superius vitium, alvus debet duci
to flow forth. If it is the first disease, the belly ought to be clystered

album crudum ex ovis, vel aquam, in qua lini semen decoctum sit; vel, si somnus non accedit, vitellos cum aqua, in qua rosæ floris folia cocta sint. Levant enim dolorem hæc, et mitiora ulcera efficiunt; maximeque utilia sunt, si cibi quoque secutum fastidium est. Themison muria dura quam asperriima sic utendum memoriæ prodidit. Cibi vero esse debent, qui leniter ventrem adstringant. At ea, quæ urinam movent, si id consecuta sunt, in aliam partem humorem avertendo, prosunt; si non sunt consecuta, noxam augent: itaque nisi

in quibus promte id facere consuerunt, non sunt adhibenda. Potui, si febricula est, aqua pura calida, vel ea, quæ ipsa quoque adstringat, dari debet: si non est, vinum leve, austerum. Si pluribus diebus nihil remedia alia juverunt, vetusque jam vitium est, aqua bene frigida potio assumpta ulcera adstringit, et initium secundæ valetudinis facit. Sed ubi venter suppressus est, protinus ad calidam potionem revertendum est. Solet autem interdum etiam putris sanies, pessimique odoris descendere: solet purus sanguis profluere. Si supe-

mulsâ aquâ; tum deinde eadem, quæ comprehensa sunt
with honeyed water; then afterwards the same things, which have been compre-
 supra, (debent) infundi. Que gleba minii contrita
hended above, to be injected. And a lump of red (oxide) of lead bruised
 cum heminâ salis, si aqua mixta his datur in alvum
with a hemina of salt, if water mixed with these is injected into the belly
 est etiam valens adversus cancerem intestinorum. At si sanguis
is also powerful against a cancer of the intestines. But if blood
 profluit, cibi que potiones debent esse quæ adstringant.
flows, the foods and drinks ought to be those which astringe.

CAP. XVI.

CHAP. XVI.

Lævitas Intestinorum.
Slipperiness of the Intestines.

Lævitas intestinorum interdum oritur ex torminibus; quâ
A slipperiness of the intestines sometimes arises from dysenteries; in which
 possunt continere nihil, et quidquid est assumptum, reddunt
they can retain nothing, and whatever is taken, they void
 protinus imperfectum. Id interdum trahit, interdum præcipitat
immediately undigested. That sometimes wearies out, sometimes hurries off
 ægros. In hoc utique oportet adhibere comprimentia;
the sick. In this especially it behooves to administer astringing (medicines);
 quoque intestinis sit (pro habent) vis facilius
in order that the intestines may have the power more easily
 tenendi aliquid. Ergo sinapi et ponatur super
of retaining something. Therefore mustard also should be put (applied) upon
 pectus; que cute exulceratâ, malagma quod evocet
the breast; and the skin being ulcerated, a plaister which may call out
 humorem: et desidat in aquâ decoctâ ex verbenis; et
the humour: and he should sit down in water boiled with vervains; and
 assumat cibos que potiones, quæ adstringunt alvum; et
he should take foods and drinks, which bind the belly; and
 utatur frigidis perfusionibus. Tamen, oportet prospicere
he should use cold affusions. However, it behooves to look forward
 ut omnibus his admotis simul,
(to watch) that from all these being applied at the same time (at once),
 contrarium vitium ne oriatur per immodicas inflationes. Ergo
an opposite disease do not arise through immoderate flatulencies. Therefore

rius vitium est, alvus aqua malsa duci debet;
 tum deinde eadem infundis, quæ supra compre-
 hensa sunt. Valensque est etiam adversus can-
 cerem intestinorum, minii gleba cum salis he-
 mina contrita, si mixta his aqua in alvum
 datur. At si sanguis profluit, cibi potionesque
 esse debent, quæ adstringant.

CAP. XVI.—*Lævitas Intestinorum.*—Ex tormi-
 nibus interdum intestinorum lævitas oritur;
 quæ continere nihil possunt, et quidquid as-

sumptum est, imperfectum protinus reddunt.
 Id interdum ægros trahit, interdum præcipitat.
 In hoc utique adhibere oportet comprimentia;
 quo facilius tenendi aliquid intestinis vis sit.
 Ergo et super pectus ponatur sinapi; exul-
 cerataque cute, malagma, quod humorem evo-
 cet: et ex verbenis decocta in aqua desidat;
 et cibos potionesque assumat, quæ alvum ad-
 stringunt; et frigidis utatur perfusionibus.
 Oportet tamen prospicere, ne, simul his omni-
 bus admotis, vitium contrarium per immodicas

ntestina debebunt firmari paulatim, aliquibus adjectis
he intestines (will) ought to be strengthened by degrees, some things being added
 quotidie. Et cum in omne fluore ventris, tum præcipue in
daily. And as in every flux of the belly, so especially in
 hoc, est necessarium desiderare, non quoties libet (imperson.),
this, it is necessary to go to stool, not as often as he wishes,
 sed quoties est necesse; ut hæc ipsa mora deducat intestina
but as often as it is necessary; that this very delay may bring the intestines
 in consuetudinem ferendi oneris. Alterum quoque, quod æque
into the habit of bearing the burden. Another thing also, which equally
 pertinet ad omnes similes affectus, est servandum maxime in hoc;
belongs to all similar affections, is to be observed especially in this;
 ut, cum pleraque utilia sint insuavia, qualis est plantago,
that, as most (of the) useful things are disagreeable, such as is plantain,
 et rubi, et quidquid est mixtum malicorio, ex his,
and brambles, and whatever is mixed with pomegranate bark, of these,
 ea potissimum dentur, quæ æger volet maxime: deinde
those should chiefly be given, which the patient shall wish most: then
 si fastidiet omnia ista, aliquid minus utile, sed magis gratum
if he shall loathe all those, something less useful, but more grateful
 interponatur, ad excitandam cupiditatem cibi. Exercitationes
should be interposed, to excite the desire for food. Exercises
 et frictiones quoque sunt necessariae huic morbo; et cum his
and frictions also are necessary for this disease; and with these
 sol, ignis, balneum, vomitus, evocatus etiam albo veratro, ut
the sun, fire, the bath, vomiting, excited even by white hellebore, as
 visum est Hippocrates, si cetera proficient parum.
seemed proper to Hippocrates, if the other things shall benefit little.

CAP. XVII.

CHAP. XVII.

Lumbrici.

Worms.

Autem lumbrici quoque nonnunquam occupant alvum; que hi
But worms also sometimes occupy the belly; and they
 redduntur, modo ex inferioribus partibus, modo fœdus
are voided, sometimes from the inferior parts, sometimes more filthily
 ore: atque videmus eos interdum latos, qui sunt
from the mouth: and we see them sometimes broad (tape), which are

inflationes oriatur. Paulatim ergo firmari intestina debebunt, aliquibus quotidie adjectis. Et cum in omni fluore ventris, tum in hæc præcipue necessarium est, non quoties libet desiderare, sed quoties necesse est; ut hæc ipsa mora in consuetudinem ferendi oneris intestina deducat. Alterum quoque, quod æque ad omnes similes affectus pertinet, in hoc maxime servandum est; ut, cum pleraque utilia insuavia sint, qualis est plantago, et rubi, et quidquid malicorio mixtum est, ea potissimum ex his dentur, quæ maxime æger volet: deinde,

si omnia ista fastidiet, ad excitandam cibi cupiditatem, interponatur aliquid minus utile, sed magis gratum. Exercitationes et frictiones huic quoque morbo necessariae sunt; et cum his sol, ignis, balneum, vomitus, ut Hippocrati visum est, etiam albo veratro, si cetera parum proficient, evocatus.

CAP. XVII.—*Lumbrici.*—NONNUNQUAM autem lumbrici quoque occupant alvum; hique modo ex inferioribus partibus, modo fœdus ore redduntur: atque interdum latos eos, qui, pejores

peiores, interdum teretes. Si sunt lati, aqua in qua
the worse, sometimes round. If they are the broad (tape), water in which
 lupinum, aut cortex mori decoctus sit, debet dari
lupines, or the bark of the mulberry has been boiled, ought to be given
 potui; aut (aqua) cui vel contritum hyssopum, vel acetabulum
for drink; or to which either bruised hyssop, or an acetabulum
 (a small measure) contriti piperis, vel paulum scammoniae adjectum sit.
of bruised pepper, or a little scammony has been added.
 Vel etiam vomat cum pridie ederit multum
Or even he should vomit when the day before he shall have eaten much
 allium: que postero die colligat tenues radículas
garlic: and on the next day he should gather the thin radicles
 Punici mali, quantum comprehendet manu; decoquat
of the Pomegranate, as much as he shall grasp in the hand; he should boil
 eas contusas in tribus sextariis aquae, donec tertia pars
them bruised (down) in three sextarii of water, until a third part
 supersit; adjiciat paulum nitri huc, et bibat
remain; let him add a little (of) natron hither (to this), and let him drink it
 jejunos. Deinde tribus horis interpositis, sumat duas potiones,
fasting. Then three hours being interposed, let him take two draughts,
 aut aquae vel duræ muriae (cui) adjecta sit: tum
either of the water (decoction) or of hard brine (to which) it has been added: then
 desidat, calidâ aquâ subjectâ in pelve.
let him sit down (go to stool), hot water being placed under (him) in a vessel.
 Vero si sunt teretes, qui maxime exercent pueros, et eadem
But if they are round, which mostly trouble children, both the same things
 possunt dari, et quædam leviora; ut contritum semen urticae,
may be given, and some lighter things; as the bruised seed of nettle,
 aut brassicæ, aut cumini cum aquâ, aut mentha cum eadem,
or of cabbage, or of cumin with water, or mint with the same,
 vel absinthium decoctum, vel hyssopum ex aquâ mulsâ, vel semen
or wormwood boiled, or hyssop with hydromel, or the seed
 nasturtii contritum cum aceto. Etiam edisse et lupinum
of water-cresses bruised with vinegar. Also to have eaten both lupines
 et allium prodest; vel subter dedisse oleum in alvum.
and garlic benefits; or to have injected oil into the belly.

sunt, interdum teretes videmus. Si lati sunt, aqua potui dari debet, in qua lupinum, aut cortex mori decoctus sit; aut cui adjectum sit contritum vel hyssopum, vel piperis acetabulum, vel scammoniae paulum. Vel etiam pridie, cum multum allium ederit, vomat: posteroque die mali Punici tenues radículas colligat, quantum manu comprehendet: eas contusas in aqua tribus sextariis decoquat, donec tertia pars supersit; huc adjiciat nitri paulum, et jejunos bibat. Interpositis deinde

tribus horis, duas potiones sumat, aut aquae, vel muriae duræ sit adjecta: tum desidat, subjecta calida aqua in pelve. Si vero teretes sunt, qui pueros maxime exercent, et eadem dari possunt, et quædam leviora; ut contritum semen urticae, aut brassicæ, aut cumini cum aqua, vel mentha cum eadem, vel absinthium decoctum, vel hyssopum ex aqua mulsâ, vel nasturtii semen cum aceto contritum. Edisse etiam et lupinum, et allium prodest; vel in alvum oleum subter dedisse.

CAP. XVIII.

CHAP. XVIII.

Tenesmus.

Tenesmus.

Autem est aliud levius omnibus proximis, de quibus
 But there is another slighter than all the next (foregoing), of which
 dictum est supra, quod Græci vocant *τενεσμόν* (tenesmon).
 it has been spoken above, which the Greeks call tenesmus.

Id debet adnumerari neque acutis neque longis morbis,
 That ought to be classed neither with acute nor the chronic diseases,
 cum et tollatur facile, neque unquam jugulet per se. In
 since both it is removed easily, nor does it ever kill by itself. In
 hoc, æque atque in torminibus, est frequens cupiditas desidendi;
 this, like as in dysentery, there is a frequent desire of sitting down

æque dolor, ubi aliquid excernitur. Autem
 (going to stool); in like manner pain, when any thing is excreted. But

similia pituitæ que mucis descendunt, interdum etiam leviter
 things like phlegm and mucus descend, sometimes even slightly

subcruenta: sed his nonnunquam quoque interponuntur recte
 bloodyish: but with these sometimes also are interposed things properly

coacta ex cibo. Oportet desiderare in calidâ aquâ; que
 concocted from the food. It behooves to sit down in hot water; and

nutrire anum ipsum sæpius; cui plura medicamenta sunt
 to soothe the anus itself very often; for which several medicines are

idonea: butyrum cum rosâ; acacia liquata ex aceto;
 suited: butter with rose oil; acacia (Gum Arabic) dissolved in vinegar;

id emplastrum, quod Græci vocant *τετραφάρμακον* (tetrpharmakon),
 that plaister, which the Greeks call tetrpharmacum (composed of four

liquatum rosâ: alumen circumdatum lanâ,
 medicines), dissolved in rose oil: alum surrounded with (wrapped up in) wool,

et ita appositum; que eadem, quæ sunt auxilia torminum,
 and so applied; and the same, which are remedies (of) for dysenteries,

indita ex inferiore parte; verbenæ decoctæ eædem, ut
 injected (as clysters) from the lower part; vervains decocted the same, that

inferiores partes foveantur. Vero alternis diebus aqua,
 the inferior parts may be fomented. But on alternate days water,

alternis leve et austerum vinum est bibendum. Potio debet
 on the others light and rough wine is to be drank. The drink ought

CAP. XVIII.—*Tenesmus*.—Est autem aliud levius omnibus proximis, de quibus supra dictum est, quod *τενεσμόν* Græci vocant. Id neque acutis neque longis morbis adnumerari debet, cum et facile tollatur, neque unquam per se jugulet. In hoc æque atque in torminibus frequens desidendi cupiditas est; æque dolor, ubi aliquid excernitur. Descendunt autem pituitæ mucisque similia, interdum etiam leviter subcruenta: sed his interponuntur nonnunquam ex cibo quoque recte coacta. Desidere oportet

in aqua calida; sæpiusque ipsum anum nutrire; cui plura medicamenta idonea sunt: butyrum cum rosa; acacia ex aceto liquata; emplastrum id, quod *τετραφάρμακον* Græci vocant, rosa liquatum; alumen lana circumdatum, et ita appositum; eademque ex inferiore parte indita, quæ torminum auxilia sunt; eædem verbenæ decoctæ, ut inferiores partes foveantur. Alternis vero diebus aqua, alternis leve et austerum vinum bibendum est. Potio esse debet egelida et frigida propior; ratio

esse egelida et propior frigidæ (sc. potioni); ratio victûs talis
 to be lukewarm and nearer to cold; the plan of diet such
 qualem præcepimus supra ad tormina.
 as we have directed above for dysenteries.

CAP. XIX.

CHAP. XIX.

Fluxus Ventris.

Flux of the Belly (Diarrhœa).

Dejectio etiam, dum est recens, est levior, ubi alvus (per
 Purging also, whilst it is recent, is slighter, when the fæces.
 metap. pro fæcibus) fertur, et liquida, et sæpius quam ex consuetudine:
 is voided, both liquid, and oftener than from custom
 atque interdum dolor est tolerabilis, interdum gravissimus;
 (usual): and sometimes the pain is tolerable, sometimes very severe;
 que id est pejus. Sed alvum fluere uno die sæpe est
 and that is worse. But that the belly should flow for one day often is
 pro valetudine; atque etiam pluribus, dum febris absit,
 for (contributes to) health; and even for several, provided fever be absent,
 et id (alvum fluere) conquiescat intra septimum diem. Enim
 and that subsides within the seventh day. For
 corpus purgatur, et quod erat læsurum intus, effunditur
 the body is cleansed, and what was about to hurt within, is poured out
 utiliter. Verum spatium est periculosum: enim
 usefully (advantageously). But a continuance is dangerous: for
 interdum excitat tormina ac febriculas, que consumit
 sometimes it excites dysenteries and (little) fevers, and wastes
 vires. Est satis quiescere primo die; neque prohibere
 the strength. It is sufficient to remain quiet on the first day; nor to restrain
 impetum ventris. Si desit per se, uti balneo, capere
 the impetus of the belly. If it has ceased by itself, to use a bath, to take
 paulum cibi: si mansit, abstinere non solum a cibo, sed
 a little (of) food: if it has remained, to refrain not only from food, but
 etiam a potione. Postero die, si alvus nihilominus est liquida,
 also from drink. On the next day, if the belly nevertheless is liquid,
 æque conquiescere; sumere paulum adstringentis cibi. Tertio die
 also to remain quiet: to take a little of astringing food. On the third day
 ire in balneum: perfricare omnia (sc. membra) vehementer præter
 to go into the bath: to rub all parts briskly except

victus talis, qualem ad tormina supra præcepimus.

CAP. XIX.—*Ventris Fluxus.*—LEVIOR etiam, dum recens, dejectio est, ubi et liquida alvus, et sæpius, quam ex consuetudine, fertur: atque interdum tolerabilis dolor est, interdum gravissimus; idque pejus est. Sed uno die fluere alvum sæpe pro valetudine est; atque etiam pluribus, dum febris absit, et intra septimum diem id conquiescat. Purgatur enim corpus,

et, quod intus læsurum erat, utiliter effunditur. Verum spatium periculosum est: interdum enim tormina ac febriculas excitat, viresque consumit. Primo die quiescere satis est; neque impetum ventris prohibere. Si per se desit, balneo uti, paulum cibi capere: si mansit, abstinere non solum a cibo, sed etiam a potione. Postero die, si nihilominus liquida alvus est, æque conquiescere; paulum adstringentis cibi sumere. Tertio die in balneum ire: vehementer omnia præter ventrem perfricare: ad ignem

ventrem: admove re lumbos que scapulas ad ignem: uti cibus, sed
 the belly: to move the loins and shoulders to the fire: to use foods, but
 (his) contrahentibus ventrem; non multo vino, meraco. Si fluet
 (those) astringing the belly; not much wine, pure. If it flow

quoque postero die, edisse plus, sed vomere etiam. Ex toto
 also on the following day, to eat more, but to vomit also. On the whole

niti contra siti, fame, vomitu, donec conquiescat. Enim
 to struggle against it by thirst, fasting, vomiting, until it subside. For

potest vix fieri ut alvus non contrahatur, post hanc
 it can scarcely happen that the belly be not astringed, after this

animadversionem. Alia via est, ubi velis
 consideration (discipline). Another method is, when you (may) wish

supprimere: cœnare, deinde vomere: postero die conquiescere in lecto;
 to astringe it: to sup, then to vomit: on the next day to rest quiet in bed;

ungi vespere, sed leniter: deinde sumere circa selibram
 to be anointed in the evening, but gently: then to take about half a pound

panis ex mero Aminæo vino; tum aliquid assum, que maxime
 of bread with pure Aminean wine; then something roasted, and especially

avem; et postea bibere vinum idem mixtum pluviali
 a bird (poultry); and afterwards to drink wine the same mixed with rain

aquâ: que facere id usque quintum diem, que iterum vomere.
 water: and to do that until the fifth day, and again to vomit.

Autem Asclepiades, contra priores auctores, affirmavit potionem
 But Asclepiades, contrary to former authors, has asserted that the drink

debere esse assidue frigidam, et quidem quam frigidissimam. Ego existimo
 ought to be constantly cold, and even as cold as possible. I think

quemque debere credere experimentis in se
 that every one ought to trust to the experiments upon himself

utatur calidâ potius an frigidâ (sc. aquâ.) Autem
 whether he should use hot rather or cold (water.) But

interdum evenit, ut id neglectum pluribus diebus, possit
 sometimes it happens, that that neglected for several days, can

curari difficiliter. Oportet incipere a vomitu: deinde postero
 be cured more difficultly. It behooves to begin with a vomit: then on the following

die vespere ungi tepido loco; assumere modicum cibum,
 day in the evening to be anointed in a warm place; to take moderate food,

meracum vinum quam asperissimum; habere rutam cum cerato impositam
 pure wine the roughest possible; to have rue with cerate applied

super ventrem. Autem in hoc affectu est opus neque
 upon the belly. But in this affection there is need of neither

ambulatione neque frictione corporis: sedisse vehiculo, vel etiam
 walking nor friction of the body: to have sat in a carriage, or still

lumbos, scapulasque admove re: cibus uti, sed ventrem contrahentibus; vino non multo, meraco. Si postero quoque die fluet, plus edisse, sed vomere etiam. Ex toto, donec conquiescat, contra siti, fame, vomitu niti. Vix enim fieri potest, ut, post hanc animadversionem, alvus non contrahatur. Alia via est, ubi velis suppressimere: cœnare, deinde vomere: postero die in lecto conquiescere; vespere ungi, sed leniter: deinde panis circa selibram ex vino Aminæo mero sumere; tum assum aliquid, maximeque avem; et postea vinum idem bibere aqua pluviali mixtum: idque usque quintum

diem facere, iterumque vomere. Frigidam autem assidue potionem esse debere, contra priores auctores Asclepiades affirmavit, et quidem quam frigidissimam. Ego experimentis quemque in se credere debere existimo, calida potius, an frigida utatur. Interdum autem evenit, ut id pluribus diebus neglectum, curari difficiliter possit. A vomitu oportet incipere: deinde postero die vespere tepido loco ungi; cibum modicum assumere, vinum meracum quam asperissimum; impositam super ventrem habere cum cerato rutam. In hoc autem affectu corporis, neque ambulatione,

magis equo, prodest: enim neque ulla res confirmat
more (better) on a horse, benefits: moreover neither does any thing strengthen
magis intestina. Vero si etiam utendum est medicamentis, id, quod
more the intestines. But if still we must use medicines, that, which
fit ex pomis, est aptissimum. Tempore vindemiæ silvestria pira
is made of apples, is fittest. In the time of vintage wild pears
atque mala sunt conjicienda in grande vas: si ea sunt
and crab-apples are to be thrown into a large vessel: if they are
non viridia Tarentina pira, vel Signina, Scandiana vel
not (to be had) green Tarentine pears, or Signine, Scandian or
Amerina mala, myrapia, que his sunt adjicienda cotonea,
Amerine apples, myrapian (pears), and to these are to be added quinces,
et Punica cum suis corticibus ipsis, sorba, et quibus
and Pomegranates with their barks (rinds) themselves, service fruit, and what
utimur etiam magis, torminalia; sic ut hæc teneant tertiam
we use still, more, torminalia; so that these may occupy the third
partem ollæ: tum deinde ea (olla) est implenda musto;
part of the pot (jar): then afterwards it is to be filled up with must;
que id coquendum, donec omnia quæ indita sunt,
and it (is) to be boiled, until all which have been put in,
liquata, coëant in quandam unitatem. Id
(having) liquified, unite into a kind of compound (mass). That
est non insuave gustui; et, quandocunque est
is not unpleasant to the taste; and, whensoever there is
opus, assumtum leniter tenet ventrem, sine ullâ
need, taken moderately it astringes the belly, without any
noxa stomachi. Est satis sumsisse duo aut tria cochlearia
injury of the stomach. It is sufficient to have taken two or three spoonfuls
uno die. Alterum, valentius genus: legere baccas myrti,
in one day. Another, "a stronger kind: to gather the berries of myrtle,
exprimere vinum ex his, decoquere id (sc. vinum) ut decima
to express the wine from these, to boil that so that a tenth
pars remaneat, que sorbere cyathum ejûs. Tertium, quod quandocunque
part may remain, and to drink a glass of it. A third, which whensoever
potest fieri: excavare Punicum malum, que omnibus
it can be made: to excavate (scoop out) a Pomegranate, and all
seminibus exemtis, conjicere iterum membranas (dissepimenta)
the seeds being taken out, to throw in again the membranes (dissepiments)
quæ fuerunt inter ea (sc. semina); tum infundere cruda ova que
which were between them; then to pour in raw eggs and
miscere rudiculâ: deinde imponere malum ipsum super
to mix with a stirrer: then to put pomegranate itself (rind) upon

neque frictione opus est: vehiculo sedisse, vel
magis etiam equo, prodest: neque enim ulla
res magis intestina confirmat. Si vero etiam
medicamentis utendum est, aptissimum est id,
quod ex pomis fit. Vindemiæ tempore in
grande vas conjicienda sunt pira atque mala
silvestria: si ea non sunt, pira Tarentina vi-
ridia, vel Signina, mala Scandiana, vel Ame-
rina, myrapia; hisque adjicienda sunt cotonea,
et cum ipsis corticibus suis Punica, sorba, et,
quibus magis utimur, etiam torminalia; sic,
ut hæc tertiam ollæ partem teneant: tum
deinde ea musto implenda est; coquendumque

id, donec omnia, quæ indita sunt, liquata, in
unitatem quandam coëant. Id gustui non in-
suave est; et, quandocunque opus est, assu-
mum leniter, sine ulla stomachi noxa, ventrem
tenet. Duo aut tria cochlearia uno die sum-
sisse, satis est. Alterum valentius genus:
myrti baccas legere, ex his vinum exprimere,
id decoquere, ut decima pars remaneat, ejusque
cyathum sorbere. Tertium, quod quandocun-
que fieri potest: malum Punicum excavare, ex-
emtisque omnibus seminibus, membranas, quæ
inter ea fuerunt, iterum conjicere: tum infun-
dere cruda ova, rudiculaque miscere: deinde

ignem: quod, dum est humor intus, non aduritur:
the fire: which, whilst there is moisture within, is not burnt:
 ubi coepit esse siccum, oportet remove que edisse quod
when it begins to be dry, it behooves to remove it and to eat what
 est intus, extractum cochleari. Habet majus momentum
is within, extracted by a spoon. It has greater efficacy
 aliquibus adjectis. itaque conjicitur in piperatum (sc. acetum)
by some things being added, therefore it is thrown into peppered vinegar
 que miscetur cum sale et pipere est (Redundat hic "EST:" verique simile
and is mixed with salt and pepper,
 est, scribi debuisse "ET") et quid ex his est edendum. Pulticula
and some of these is to be eaten. Pottage
 etiam, cum quâ paulum ex vetere favo coctum sit, et
also, with which a little of old honeycomb has been boiled, and
 lenticula cocta cum malicorio, que cacumina rubi
lentil boiled with pomegranate bark, and the tops of the bramble
 decocta in aquâ et assumpta ex oleo atque aceto, sunt efficacia:
boiled in water and taken with oil and vinegar, are efficacious:
 atque ea aqua, in quâ vel palmulæ, vel cotoneum malum, vel
and that water, in which either dates, or quinces, or
 arida sorba, vel rubi decocti sunt, potata: quod genus
dry service fruit, or brambles have been boiled, drank; which kind
 significo, quoties dico, potionem, quæ adstringat, esse
I mean, as often as I state (direct), that drink, which astringes, is
 dandam. Hemina tritici quoque decoquitur in austero Aminæo
to be given. An hemina of wheat also is boiled down in rough Aminean
 vino; que id triticum datur jejuno ac sitienti; que
wine; and that wheat is given to (the patient) fasting and thirsting; and
 super id, id vinum sorbetur: quod jure potest adnumerari
upon (after) it, that wine is drank: which properly may be ranked
 valentissimis medicamentis. Atque etiam Signinum vinum, vel resinatum,
with the strongest medicines. And also Signine wine, or resined,
 austerum, vel quodlibet austerum datur potui. Que
rough, or any thing rough is given for drink. And
 Punicum malum contunditur cum suis corticibus, que seminibus, que
the Pomegranate is bruised with its own barks, and seeds, and
 miscetur tali vino: que aliquis vel sorbet id merum,
is mixed with such wine; and the person either swallows that pure,
 vel bibit mixtum. Sed uti medicamentis, nisi in vehementibus
or drinks it mixed. But to use medicines, except in vehement
 malis, est supervacuum.
disorders, is superfluous.

malum ipsum super prunam imponere; quod, dum humor intus est, non aduritur: ubi siccum esse coepit, remove oportet, extractumque cochleari, quod intus est, edisse. Aliquibus adjectis, majus momentum habet: itaque etiam in piperatum conjicitur, misceturque cum sale et pipere, est quid ex his edendum est. Pulticula etiam, cum qua paulum ex favo vetere coctum sit, et lenticula cum malicorio cocta, rubique cacumina in aqua decocta, et ex oleo atque aceto assumpta, efficacia sunt: atque ea aqua, in qua vel palmulæ, vel malum cotoneum, vel arida sorba, vel rubi decocti sunt, po-

tata: quod genus significo, quoties potionem dandam esse dico, quæ adstringat. Tritici quoque hemina in vino Aminæo austero decoquitur; idque triticum jejuno ac sitienti datur; superque id vinum id sorbetur: quod jure valentissimis medicamentis adnumerari potest. Atque etiam potui datur vinum Signinum, vel resinatum austerum, vel quodlibet austerum. Contunditurque cum corticibus, seminibusque suis Punicum malum, vinoque tali miscetur: idque vel merum sorbet aliquis, vel bibit mixtum. Sed medicamentis uti, nisi in vehementibus malis, supervacuum est.

CAP. XX.

CHAP. XX.

Morbus Vulvæ.
Disease of the Womb.

1. Vehemens malum quoque nascitur feminis ex vulvâ: que
A vehement disorder also arises to women from the womb; and
proxime ab stomacho hæc vel afficitur vel afficit corpus.
next (from) after the stomach this either is affected or affects the body
Interdum etiam sic exanimat ut prosternat
Sometimes also it so exanimates (depresses the vital powers) that it prostrates
tanquam comitiali morbo. Tamen hic casus distat eo,
as if in the comitial disease (epilepsy). However this case differs in this,
quod neque oculi vertuntur, nec spumæ profluunt, neque
that neither the eyes are turned, nor do foams flow forth, nor
nervi distenduntur: est tantum sopor. Que (id) crebro
are the tendons convulsed: there is only sopor. And that frequently
revertens quibusdam feminis est perpetuum. Ubi id incidit, si
returning to some women is constant. When that happens, if
est satis virium, sanguis missus adjuvat; si est parum,
there is enough of strength, blood (being) let relieves; if there is little,
tamen cucurbitulæ sunt defigendæ in inguinibus. Si aut
still the cupping-glasses are to be fixed upon the groins. If either
jacet diutius, aut alioqui consuevit jacere (diutius,)
she lies long, or otherwise (at other times) has been used to lie long,
oportet admovere extinctum linamentum ex lucernâ, vel
it behooves to apply the extinguished cotton (wick) from a lamp, or
aliud ex iis, quæ retuli esse foedioris odoris naribus,
other thing of those, which I have stated to be of more filthy smell to the nostrils,
quod excitet mulierem. Que perfusio frigida aquæ quoque
that it may rouse the woman. And the affusion of cold water also
efficit idem (sc. ut excitetur mulier). Que contrita ruta cum melle
effects the same. And bruised rue with honey
adjuvat, vel ceratum ex cyprino, vel quodlibet calidum et humidum
assists, or cerate of cyprus oil, or any hot and moist
cataplasma impositum naturalibus tenuis pube. Inter
cataplastm applied from the genitals (pudenda) up to the pubes. During
hæc oportet etiam perfricare coxas et poplites. Deinde ubi
these it behooves also to rub the hips and hams. Then when
redii ad se, vinum est circumcidendum in totum
she has returned to herself, wine is to be cut off (interdicted) for a whole

CAP. XX.—1. *Vulvæ Morbus*.—Ex vulva quoque feminis vehemens malum nascitur: proximeque ab stomacho, vel afficitur hæc, vel corpus afficit. Interdum etiam sic exanimat, ut tanquam comitiali morbo prosternat. Distat tamen hic casus, eo quod neque oculi vertuntur, nec spumæ profluunt, nec nervi distenduntur: sopor tantum est. Idque quibusdam feminis crebro revertens perpetuum est. Ubi incidit, si satis virium est, sanguis missus adjuvat: si parum est, cucurbitulæ tamen defigendæ sunt in in-

guinibus. Si diutius aut jacet aut alioqui jacere consuevit, admovere oportet naribus extinctum ex lucerna linamentum, vel aliud ex iis, quæ foedioris esse odoris retuli, quod mulierem excitet. Idemque aquæ quoque frigida perfusio efficit. Adjuvatque ruta contrita cum melle, vel ex cyprino ceratum, vel quodlibet calidum et humidum cataplasma, naturalibus pube tenuis impositum. Inter hæc etiam perfricare coxas et poplites oportet. Deinde, ubi ad se rediit, circumcidendum vinum est in to-

annum, etiamsi idem casus non revertitur utendum est (sc. ægræ)
year, although the same mishap does not return: she must use

frictione quotidie, quidem totius corporis, vero præcipue ventris
friction daily, even of the whole body, but especially of the belly

et poplitum; cibus dandus ex mediâ materiâ: sinapi
and of the hams; food to be given of the middle matter; mustard

imponendum super imum ventrem quoque tertio aut quarto die,
to be applied upon the bottom (of) the belly every third or fourth day,

donec corpus rubeat. Si durities manet, solanum demissum
until the body grow red. If the hardness remains, nightshade let down

in lac, deinde contritum, videtur mollire commodè; et
into milk, then bruised, seems to soften (soothe) conveniently; and

alba cera atque cervina medulla cum irino, aut taurinum vel
white wax and deer's marrow with iris ointment, or beef or

caprinum sebum mixtum cum rosâ. Vel castoreum, vel
goat's suet mixed with rose oil. Either castor, or

gith, vel anethum, est etiam dandum potui. Si est parum
fennel flower, or dill, is also to be given for drink. If she is not

pura purgetur quadrato junco. Vero
pure (cleansed of the menses) she should be cleansed by the square bulrush. But

si vulva est exulcerata, ceratum fiat ex rosâ, et recens
if the womb is ulcerated, a cerate should be made with rose oil, and fresh

suilla adeps, et album ex ovis misceatur, que id apponatur;
hog's lard, and the white of eggs should be mixed, and that should be applied;

vel album ex ovo mixtum cum rosâ, pulvere contritæ rosæ
or the white of an egg mixed with rose oil, the powder of bruised rose(s)

adjecto, quo consistat facilius. Vero ea (sc. vulva) dolens
being added, that it may have consistence more easily. But it (the womb) painful

debet suffumigari sulphure. At si nimia purgatio
ought to be fumigated with sulphur. But when excessive cleansing (menstruation)

nocet mulieri, cucurbitulæ, cute incisâ admotæ inguinibus,
hurts a woman, the cupping-glasses, the skin being cut, applied to the groins,

vel etiam sub mammis, sunt (pro) afferunt remedio. Si purgatio
or even under the mammae, are bring the remedy (relief). If the discharge

est maligna, coeuntia sunt subjicienda (hic plurima desunt).
is malignant, restringents are to be placed under.

Albæ olivæ etiam faciunt id, et nigrum papaver assumtum
White olives also do (answer for) that, and black poppy taken

cum melle, et gummi liquatam cum trito semine apii,
with honey, and gum liquefied with the bruised seed of parsley

et datum cum cyatho passi. Præter hæc, potiones,
and given with a glass of raisin wine. Besides these, potions,

tum annum, etiamsi casus idem non revertitur: frictione quotidie utendum totius quidem corporis, præcipue vero ventris, et poplitum; cibus ex media materia dandus: sinapi super imum ventrem tertio quoque aut quarto die imponendum, donec corpus rubeat. Si durities manet, mollire commodè videtur solanum in lac demissum, deinde contritum; et cera alba atque medulla cervina cum irino, aut sebum taurinum vel caprinum cum rosa mixtum. Dandum etiam potui vel castoreum est, vel gith, vel anethum. Si parum pura est, purgetur junco quadrato. Si vero vulva exulcerata est, cera-

tum ex rosa fiat, et recens suilla adeps, et ex ovis album misceatur, idque apponatur; vel album ex ovo cum rosa mixtum, adjecto, quo facilius consistat, contritæ rosæ pulvere. Dolens vero ea sulphure suffumigari debet. At si purgatio nimia mulieri nocet, remedio sunt cucurbitulæ, cute incisâ, inguinibus vel etiam sub mammis admotæ. Si maligna purgatio est, subjicienda sunt coeuntia. Id faciunt etiam albæ olivæ, et nigrum papaver cum melle assumtum, et gummi cum trito semine apii liquatam, et cum cyatho passi datum. Præter hæc, in omnibus vesicæ doloribus ido-

quæ fiunt ex odoribus, id est, spicâ nardi, croco,
which are made of aromatics, that is, spikenard, saffron,
 cinnamo, casia, que similibus, sunt idoneæ in omnibus doloribus
cinnamon, cassia, and the like, are proper in all the pains
 vesicæ: que lentiscus decocta etiam præstat idem.
of the bladder: and pistacia (mastic) boiled also answers the same.
 Si tamen dolor est intolerabilis, et sanguis profluit, etiam
If however the pain is intolerable, and blood flows forth, even
 detractio sanguinis est apta; aut certe cucurbitulæ admotæ
detractio of blood is fit; or at least the cupping-glasses applied
 coxis, cute incisâ.
to the hips, the skin being cut.

2. At cum urina profluens super modum
But when the urine flowing beyond the measure (the due proportion)
 potionum, etiam sine dolore, facit maciem et periculum (diabeten
of the drinks, even without pain, causes emaciation and danger,
 spectat), si est tenuis, est opus exercitatione et frictione, que maxime
if it is thin, there is need of exercise and friction, and especially
 in sole, vel ad ignem: balneum debet esse rarum, neque mora
in the sun, or at the fire: the bath ought to be seldom, nor the stay
 in eo longa: cibus comprimens: vinum austerum meracum, per
in it long: the food astringing: the wine rough pure, during
 æstatem frigidum, per hiemem, egelidum; sed tantum, quantum sit
summer cold, winter, lukewarm; but so much, as may be
 minimum. Infima alvus est quoque vel
the least (as little as possible). The lowest (bottom of) belly is also either
 ducenda, vel purganda lacte. Si urina est crassa, et
to be clystered, or to be purged by milk. If the urine is thick, both
 exercitatio et frictio debet esse vehementior: mora in balneo
the exercise and friction ought to be more vehement: the stay in the bath
 longior: est opus teneris cibis: vinum idem. In
longer: there is need of tender foods: the wine the same (as above). In
 utroque morbo omnia, quæ consuerunt movere urinam, sunt
both disease all things, which have been used to excite the urine, are
 vitanda.
to be avoided.

neque potiones sunt, quæ ex odoribus fiunt, id est, spica nardi, croco, cinnamo, casia, similibusque: idemque etiam decocta lentiscus præstat. Si tamen intolerabilis dolor est, et sanguis profluit, etiam sanguinis detractio apta est; aut certe coxis admotæ cucurbitulæ cute incisa.

2. At cum urina super potionum modum etiam sine dolore profluens maciem et periculum facit, si tenuis est, opus est exercitatione et frictione, maximeque in sole, vel ad ignem:

balneum rarum esse debet, neque longa in eo mora: cibus comprimens: vinum austerum meracum, per æstatem, frigidum, per hiemem, egelidum; sed tantum, quantum minimum sit. Infima alvus quoque vel ducenda, vel lacte purganda est. Si crassa urina est, vehementior esse debet et exercitatio, et frictio: longior in balneo mora: cibus opus est teneris: vinum idem. In utroque morbo vitanda omnia sunt, quæ urinam movere consuerunt.

CAP. XXI.

CHAP. XXI.

Profusio Seminis.
Excessive Flow of Semen.

Est etiam vitium circa naturalia, nimia profusio seminis,
There is also a disorder about the genitals, an excessive flow (emission) of semen,
quod (semen) sine venere, sine nocturnis imaginibus, sic fertur
which without venery, without nocturnal dreams, is so discharged
ut spatio interposito consumat hominem tabe. In
that time being interposed (in time) it destroys a person by wasting. In
hoc affectu vehementes friciones, perfusiones, que natationes
this affection vehement frictions, affusions, and swimings
quam frigidissimæ, sunt salutare: neque cibi, neque potio, nisi
the coldest possible, are salutary: neither foods, nor drink, unless
frigida, assumta. Autem oportet vitare cruditates, et omnia
cold, taken. But it behooves to avoid crudities, and all
infantia: assumere nihil ex iis, quæ videntur
inflating (flatulent) things: to take nothing of those, which seem
contrahere semen; qualia sunt siligo, simila,
to draw together (to generate) semen; such are finest flour, fine flour,
ova, alica, amyllum, omnis glutinosa caro, piper, eruca, bulbi,
eggs, maize, starch, all glutinous flesh, pepper, basil-royal, bulbs,
pinei nuclei. Neque est alienum, fovere inferiores partes
pine nuts. Nor is it beside the purpose, to foment the lower parts
aquâ decoctâ ex comprimentibus verbenis: circumdare aliqua
with water boiled with astringing vervains: to apply some
cataplasmata ex iisdem imo ventri; que præcipue rutam ex
cataplasms of the same to the bottom of the belly; and especially rue with
aceto: et vitare ne obdormiat supinus.
vinegar: and to avoid that he sleep supine.

CAP. XXII.

CHAP. XXII.

Morbi Coxarum.
Diseases of the Hips.

Superest, ut veniam ad extremas partes corporis, quæ
It remains, that I come to the extreme parts of the body, which

CAP. XXI.—*Semis Profusio.*—EST etiam circa naturalia vitium, nimia profusio seminis, quod sine venere, sine nocturnis imaginibus sic fertur, ut, interposito spatio, tabe hominem consumat. In hoc affectu salutare sunt vehementes friciones, perfusiones, natationesque quam frigidissimæ: neque cibi, nec potio, nisi frigida assumta. Vitare autem oportet cruditates, et omnia infantia: nihil ex iis assumere, quæ contrahere semen videntur; qualia sunt,

siligo, simila, ova, alica, amyllum, omnis caro glutinosa, piper, eruca, bulbi, nuclei pinei. Neque alienum est, fovere inferiores partes aqua decocta ex verbenis comprimentibus: ex iisdem aliqua cataplasmata imo ventri inguinibusque circumdare; præcipueque ex aceto rutam: vitare et ne supinus obdormiat.

CAP. XXII.—*Coxarum Morbi.*—SUPEREST, ut ad extremas partes corporis veniam, quæ ar-

conseruntur inter se articulis. Faciam
are connected amongst themselves (together) by joints. I shall make
initium a coxis. Consuevit esse
the beginning (shall commence) from the hips. There has been used to be
ingens dolor harum: que is (sc. dolor) sæpe debilitat hominem, et
great pain of these: and it often debilitates the person, and
quosdam non dimittit. Que id genus curatur
some it does not dismiss (part from). And that kind is cured
difficillime, eo-quod post longos morbos pestifera vis fere
very difficultly, because after long diseases the pestiferous violence generally
inclinat se huc: quæ ut liberat
inclines itself (is directed) hither (to these parts): which as it frees (quits)
alias partes, sic quoqueprehendit hanc ipsam affectam. Primum
other parts, so also it lays hold of this itself affected. First
fovendum est calidâ aquâ: deinde utendum est calidis
we must foment with warm water: afterwards we must use hot
cataplasmatis. Concisus cortex capparis mixtus aut cum hordeacea
cataplasms. The cut bark of capers mixed either with barley
farinâ, aut decocta cum ficu ex aquâ, videtur prodesse maxime;
meal, or decocted with a fig in water, seems to benefit most of all (best);
vel farina lolii cocta ex diluto vino, et mixta aridâ fæce:
or the meal of darnel boiled with diluted wine, and mixed with dried lees:
quæ quia refrigescunt, est commodius imponere malagmata
which because they grow cold, it is more convenient to apply plaisters
noctu. Radix Inulæ (Helenii) quoque contusa, et postea
at night. The root of Elecampane also bruised, and afterwards
cocta ex austero vino, et imposita late super coxam,
boiled from rough wine, and applied broadly (extensively) upon the hip,
est inter valentissima auxilia. Si ista non
is amongst the most powerful aids (remedies). If those have not
solverunt (sc. morbum,) utendum est calido et humido sale. Si
removed (the disease,) we must use hot and moist salt. If
dolor ne finitus est quidem sic, aut tumor
the pain, has not been terminated even so (by the above means), or swelling
accedit ei (dolori), cute incisâ, cucurbitulæ sunt admovendæ;
succeeds to it, the skin being incised, the cupping-glasses are to be applied;
urina movenda; alvus, si est compressa, ducenda. Ultimum
the urine to be excited; the belly, if it is bound, to be clystered. The last thing
(remedium) est, et in veteribus morbis quoque efficacissimum,
is, and in old diseases also the most efficacious,
exulcerare, candentibus ferris, cutem super coxam tribus aut quatuor
to ulcerate, with hot irons, the skin over the hip in three or four

ticulis inter se conseruntur. Initium a coxis faciam. Harum ingens dolor esse consuevit: isque hominem sæpe debilitat, et quosdam non dimittit. Eoque id genus difficillime curatur, quod fere post longos morbos vis pestifera huc se inclinât: quæ ut alias partes liberat, sic hanc ipsam quoque affectamprehendit. Fovendum primum aqua calida est: deinde utendum calidis cataplasmatis. Maxime prodesse videtur, aut cum hordeacea farina, aut cum ficu ex aqua decocta mixtus capparis cortex concisus; vel lolii farina ex vino diluto cocta,

et mixta cum arida fæce: quæ quia refrigescunt, imponere noctu malagmata commodius est. Inulæ quoque radix contusa, et postea ex vino austero cocta, et late super coxam imposita, inter valentissima auxilia est. Si ista non solverunt, sale calido et humido utendum est. Si ne sic quidem finitus dolor est, aut tumor ei accedit, incisâ cute admovendæ sunt cucurbitulæ; movenda urina; alvus, si compressa est, ducenda. Ultimum est, et in veteribus quoque morbis efficacissimum, tribus aut quatuor locis super coxam, cutem candentibus

locis. Utendum est frictione quoque, maxime in sole, et sæpe
places. We must use friction also, especially in the sun, and often
 eodem die: quo ea, quæ nocuerunt coëundo,
on the same day: in order that those things, which have injured by collecting,
 digerantur facilius: quæ ea (sc. frictio), si est nulla exulceratio,
may be dispersed more easily: and it, if there is no ulceration,
 est adhibenda etiam coxis ipsis; si est (exulceratio),
is to be applied even to the hips themselves: if there is,
 ceteris partibus. Vero cum sæpe exulcerandum sit aliquid
to the other parts. But as often we must ulcerate somewhat
 candenti ferramento, ut inutilis materia evocetur,
with a hot iron, that the injurious matter be called forth (evacuated),
 illud (sc. regulum) est perpetuum, non sanare ulcera hujus
this (the following) is general, not to heal up ulcers of this
 generis, ut primum potest fieri; sed trahere ea,
kind, as first (as soon as) it can be done; but to prolong them
 donec id vitium, cui opitulamur per hæc (ulcera),
(keep them open), until that disease, which we relieve by them,
 conquiescat.
subside.

CAP. XXIII.

CHAP. XXIII.

Dolores Genuum.
Pains of the Knees.

Genua sunt proxima coxis: in quibus ipsis dolor
The knees are next to the hips: in which themselves pain
 consuevit nonnunquam esse. Autem præsidium
has been accustomed sometimes to be (arise). But the protection (relief)
 est in iisdem cataplasmatibus quæ cucurbitulis:
is (consists) in the same (alike in) cataplasms and the cupping-glasses:
 sicut etiam, cum aliquis dolor exortus est in humeris, ve
as in like manner also, when any pain has arisen in the shoulders, or
 aliis commissuris. Est inimicissimum ei, cui genua
the other joints. It is most injurious for him, to whom the knees
 dolent, equitare. Autem omnes dolores ejusmodi, ubi
are in pain, to ride. But all pains of that kind, when
 inveteraverunt, vix finiuntur citra unctionem.
they have inveterated, scarcely are terminated without burning (the actual cautery).

ferramentis exulcerare. Frictione quoque utendum est, maxime in sole, et eodem die sæpius; quo facilius ea, quæ coëundo nocuerunt, digerantur: eaque, si nulla exulceratio est, etiam ipsis coxis; si est, ceteris partibus adhibenda est. Cum vero sæpe aliquid exulcerandum candenti ferramento sit, ut materia inutilis evocetur, illud perpetuum est, non, ut primum fieri potest, hujus generis ulcera sanare; sed ea trahere, donec id vitium, cui per hæc opitulamur, conquiescat.

CAP. XXIII.—*Genuum Dolores.*—Coxis proxima genua sunt: in quibus ipsis nonnunquam dolor esse consuevit. In iisdem autem cataplasmatibus cucurbitulis præsidium est: sicut etiam, cum in humeris, aliisve commissuris dolor aliquis exortus est. Equitare ei, cui genua dolent, inimicissimum est. Omnes autem ejusmodi dolores, ubi inveteraverunt, vix citra unctionem finiuntur.

CAP. XXIV.

CHAP. XXIV.

Vitia Manuum que Pedum.
Disorders of the Hands and Feet.

Vitia articulorum in manibus que pedibus, quæ consuerunt
The diseases of the joints in the hands and feet, which have been used
esse in podagris ve chiragris, sunt frequentiora que
arise in foot-gouts or hand-gouts, are more frequent and
ongiora. Ea (vitia) raro tentant vel castratos (sc. viros),
longer. Those seldom attack either castrated men (eunuchs),
vel pueros ante coitum feminae, vel mulieres, nisi
or boys before the congress of the woman (coition), or women, except
quibus menstrua sunt suppressa. Ubi (vitia) cæperunt sentiri,
to whom the menses are suppressed. When they have begun to be felt,
sanguis est mittendus: enim id (sanguinem mittere) factum statim
blood is to be let: for that (being) done immediately
inter initia sæpe præstat annuam, nonnunquam
at the beginning often affords (secures) a year's (for one year), sometimes
perpetuam bonam valetudinem. Quidam etiam, cum
constant (continued) good health. Some also, when
eluiscent sese asinino lacte epoto, evaserunt hoc
they had washed out themselves by asses' milk being drank, have escaped this
malum in perpetuum. Quidam cum temperassent sibi
disease for ever. Some when they had restrained themselves
toto anno a vino, mulso, venere, consecuti sunt
for a whole year from wine, honeyed wine, ventry, have effected
securitatem totius vitæ. Que id
the security of their whole life (an immunity for life). And that
utique est servandum post primum dolorem, etiamsi quievit.
moreover is to be observed after the first pain, although it has ceased.
Quod si consuetudo ejus jam facta est,
But if the custom (habit) of it already has been made (already established),
aliquis quidem potest esse securior iis temporibus, quibus
a person indeed may be more secure at those times, in which
dolor remisit se: vero debet adhibere majorem curam
the pain has remitted itself: but he ought to use greater caution
iis (temporibus) quibus id revertitur; quod fere
at those at which that returns; which generally
solet fieri vere ve autumno. Vero cum dolor urget,
is accustomed to happen in the spring or autumn. But when pain urges,

CAP. XXIV.—*Manuum Pedumque Vitia*.—In manibus pedibusque articulorum vitia frequentiora longioraque sunt; quæ in podagris chiragrisve esse consuerunt. Eararo vel castratos, nisi quibus menstrua suppressa sunt, tentant. Ubi sentiri coperunt, sanguis mittendus est: id enim inter initia statim factum, sæpe annuam, nonnunquam perpetuam valetudinem bonam præstat. Quidam etiam, cum asinino lacte epoto sese eluiscent, in perpetuum hoc

malum evaserunt. Quidam, cum toto anno a vino, mulso, venere sibi temperassent, securitatem totius vitæ consecuti sunt. Idque utique post primum dolorem servandum est, etiamsi quievit. Quod si jam consuetudo ejus facta est, potest quidem aliquis esse securior iis temporibus, quibus id revertitur; quod fere vere autumno fieri solet. Cum vero dolor urget, mane gestari debet; deinde ferri, inambulatione leni se

debet gestari mane; deinde ferri, dimovere
he ought to be carried (in a carriage) in the morning; then to be carried, to move
 se leni inambulatione, et, si est podagra, exiguus
(exercise) himself by gentle walking, and, if it is foot-gout, small
 temporibus interpositis, invicem modo sedere, modo ingredi;
intervals being interposed, by turns sometimes to sit, sometimes to walk;
 tum antequam capiat cibum, perfricari leniter calido loco
then before that he take food, to be rubbed gently in a warm place
 sine balneo, sudare, perfundi egelidâ aquâ; deinde
without a bath, to sweat, to be affused with lukewarm water; then
 sumere cibum ex mediâ materia, rebus moventibus urinam
to take food of the intermediate matter, things exciting the urine
 interpositis; que quoties est plenior evomere.
being interposed; and as often as he is fuller (more plethoric) to vomit up.
 Ubi vehemens dolor urget, interest is (dolor)
When violent pain urges, it imports (there is a difference) whether it
 sit sine tumore, an tumor (sit) cum calore, an tumor
be without swelling, or a swelling (be) with heat, or the tumour
 jam etiam obcalluerit. Nam si est nullus tumor,
already also have become hard and callous. For if there is no tumour,
 est opus calidis fomentis. Oportet ferverescere marinam
there is need of hot fomentations. It behooves to boil sea
 aquam, vel duram muriam, deinde conijcere in pelvem, et
water, or hard (strong) brine, then to throw it into a basin, and
 cum jam homo potest pati, demittere pedes, que
when now the person can bear it, to let down (immerse) the feet, and
 dare pallam super, et tegere vestimento; deinde paulatim
to spread a robe over, and to cover them with clothes; then gradually
 infundere leniter, juxta labrum ipsum ex eadem aquâ, (ut) calor ne
to pour in gently, near the brim itself of the same water, that the heat may not
 destituat intus; ac deinde imponere calefacientia cataplasmata noctu,
fail within; and afterwards to apply heating cataplasms at night,
 que maxime radicem hibisci (simplicis) coctam ex vino.
and especially the root of hibiscus (Syrian Mallow) boiled in wine.
 Vero si est tumor que calor, refrigerantia
But if there is swelling and heat, refrigerating (things)
 sunt utiliora, que articuli continentur
(refrigerants) are more serviceable, and the joints are kept
 recte aquâ quam frigidissimâ; sed neque quotidie neque
properly in water the coldest possible; but neither daily nor
 diu, ne nervi lædantur. Vero cataplasma quod
for a long time, lest the sinews be injured. But a cataplasm which

dimovere, et si podagra est, interpositis temporibus exiguus, invicem modo sedere, modo ingredi; tum, antequam cibum capiat, sine balneo, loco calido leniter perfricari, sudare, perfundi aqua egelida; deinde cibum sumere ex media materia, interpositis rebus urinam moventibus; quotiesque plenior est, evomere. Ubi dolor vehemens urget, interest, sine tumore si sit, an tumor cum calore, an tumor jam etiam obcalluerit. Nam si tumor nullus est, calidis fomentis opus est. Aquam marinam, vel muriam duram fervere facere oportet, deinde

in pelvem conijcere, et, cum jam homo pati potest, pedes demittere, superque pallam dare, et vestimento tegere; paulatim deinde juxta labrum ipsum ex eadem aqua leniter infundere, ne calor intus destituat; ac deinde noctu cataplasmata calefacientia imponere, maximeque hibisci radicem ex vino coctam.

Si vero tumor calorque est, utiliora sunt refrigerantia, recteque in aqua quam frigidissima articuli continentur; sed neque quotidie, neque diu, ne nervi lædantur. Imponendum vero est cataplasma, quod refrigeret: neque tamen

refrigeret est imponendum: neque tamen permanendum
is cooling is to be applied; nor however must he remain (persevere
in hoc ipso diu; sed transeundum ad ea, quæ si
in this itself (even) long; but pass (change) to those, which so
reprimunt, ut emolliant. Si dolor est major,
repel, that they soften (soothe). If the pain is greater,
cortices papaveris sunt coquendi in vino, quæ
the rinds (capsules, heads) of poppy are to be boiled in wine, and
miscendi cerato, quod sit factum ex rosâ: vel tantundem
to be mixed with the cerate, which is made of rose oil: or so much
ceræ et adipis suillæ liquandum una, deinde
(equal parts) of wax and of the lard of a hog to be melted together, then
vinum miscendum his, atque ubi quod ex eo impositum est
wine to be mixed with these, and when what of it has been applied
incaluit, detrahendum, et aliud est subinde
has become hot, (it is) to be withdrawn (removed), and another is immediately
imponendum. Vero si tumores etiam obcalluerunt, et
to be applied. But when the tumours also have grown callous, and
dolent, spongia, quæ subinde exprimitur ex oleo, et aceto, vel
are painful, a sponge, which frequently is squeezed from oil and vinegar, or
frigida aqua, imposita, levat; aut pix, cera, alumen mixta
cold water, applied, relieves; or pitch, wax, alum mixed
inter se pari ratione. Plura malagmata etiam
together in equal proportion(s). Several plaisters also
sunt idonea manibus que pedibus. Quod si dolor patitur
are proper for the hands and feet. But when the pain suffers
nihil superimponi, oportet fovere id, quod est sine
nothing to be applied, it behooves to foment that, which is without
tumore, spongiâ, quæ demittatur in calidam aquam, in
swelling, with a sponge, which may be dipped into hot water, in
quâ (aquâ) vel cortices papaveris, vel radix silvestris cucumeris
which either the heads of poppy, or the root of the wild cucumber
decocta sit; tum inducere articulis crocum cum succo papaveris
has been boiled; then to put over the joints saffron with the juice of poppy
et ovillo lacte. At si est tumor, debet quidem
and sheep's (ewe's) milk. But if there is swelling, he ought indeed
fovere egelidâ aquâ, in quâ lentiscus, vel alia verbena ex
to foment in lukewarm water, in which lentil, or some vervain from
reprimentibus decocta sit: vero medicamentum (debet) induci ex
the repelling (ents) has been decocted: but a medicine to be applied of
amaris nucibus tritis cum aceto; aut ex cerussâ cui
bitter nuts rubbed with vinegar; or of white lead (carbonate) to which

in hoc ipso diu permanendum; sed ad ea transeundum, quæ sic reprimunt, ut emolliant. Si major est dolor, papaveris cortices in vino coquendi, miscendique cum cerato sunt, quod ex rosa factum sit: vel ceræ et adipis suillæ tantundem una liquandum, deinde his vinum miscendum, atque ubi, quod ex eo impositum est, incaluit, detrahendum, et subinde aliud imponendum est. Si vero tumores etiam obcalluerunt, et dolent, levat spongia imposita, quæ subinde ex oleo, et aceto, vel aqua frigida exprimitur; aut pari portione inter se mixta

pix, cera, alumen. Sunt etiam plura idonea manibus pedibusque malagmata. Quod si nihil superimponi dolor patitur, id, quod sine tumore est, fovere oportet spongia, quæ in aquam calidam demittatur, in qua vel papaveris cortices, vel cucumeris silvestris radix decocta sit; tum inducere articulis crocum cum succo papaveris et ovillo lacte. At si tumor est, fovere quidem debet aqua egelida, in qua lentiscus, aliave verbena ex reprimentibus decocta sit: induci vero medicamentum ex nucibus amaris cum aceto tritis; aut ex ce-

succus contritæ herbæ muralis adjectus sit. Lapis etiam, qui
the juice of the bruised herb wall-wort has been added. The stone also, which
 exedit carnem, quem Græci vocant σαρκοφάγον (sarkophagon), excisus
eats out the flesh, which the Greeks call sarcophagus, cut out
 sic ut capiat pedes, consuevit levare eos, demissos que
so that it can take (receive) the feet, has been used to relieve them, let down and
 retentos ibi, cum dolent. Ex quo est gratia
kept there, when they are in pain. From which there is favour
 lapidi Asio in Asiâ. Ubi dolor et inflammatio remiserunt
to the stone Asius in Asia. When the pain and inflammation have remitted
 se, (quod fit intra quadraginta dies nisi vitium hominis
themselves, (which happens within forty days unless a fault of the person (bad
 accessit,) utendum est modicis exercitationibus, abstinentiâ,
constitution) has been added, he must use moderate exercises, abstinence,
 lenibus unctionibus, sic ut articuli perfricentur etiam acopon, vel
gentle inunctions, so that the joints be rubbed also with an acopon, or
 liquido cyprino cerato. Est quoque alienum podagricis
a liquid cyprus oil cerate. It is also improper for gouty footed persons
 equitare. Vero quibus dolor articulorum revertitur certis temporibus,
to ride. But to whom pain of the joints returns at certain times,
 oportet ante hos (dolores) cavere et curioso victu, et
it behooves before them to take care both by cautious living, and
 crebriore vomitu, inutilis materia ne supersit
more frequent vomiting, that a useless (redundant) matter do not remain
 corpori; et si est quis metus ex corpore, vel uti
in the body; and if there is any fear from the body, either to use
 ductione alvi, vel purgari lacte. Quod Erasistratus
clystering of the belly, or to be purged by milk. Which Erasistratus
 expulit in podagricis, ne cursus factus in
expelled in gouty footed persons, lest the course being made (the diversion) to
 inferiores partes repletet pedes: cum sit evidens non
the inferior parts should overfill the feet: though it be evident that not
 tantummodo superiora, sed etiam inferiora (sc. membra) exinaniri
only the superior, but even the inferior (parts) are emptied
 omni purgatione.
by every (kind of) purgation.

rusa, cui contritæ herbæ muralis succus sit adjectus. Lapis etiam, qui carnem exedit, quem σαρκοφάγον Græci vocant, excisus, sic ut pedes capiat, demissos eos, cum dolent, retentosque ibi levare consuevit. Ex quo in Asia lapidi Asio gratia est. Ubi dolor et inflammatio se remiserunt, (quod intra dies quadraginta fit, nisi vitium hominis accessit) modicis exercitationibus, abstinentia, unctionibus lenibus utendum est, sic, ut etiam acopo, vel liquido cerato cyprino articuli perfricentur.

Equitare podagricis quoque alienum est. Quibus vero articulorum dolor certis temporibus revertitur, hos ante et curioso victu cavere oportet, ne inutilis materia corpori supersit, et crebriore vomitu; et, si quis ex corpore metus est, vel alvi ductione uti, vel lacte purgari. Quod Erasistratus in podagricis expulit, ne in inferiores partes factus cursus pedes repletet: cum evidens sit, omni purgatione non superiora tantummodo, sed etiam inferiora exinaniri.

CAP. XXV.

CHAP. XXV.

Refectio *Convalescentium.*
The Recruiting of those Convalescent (Persons) (Convalescents).

Autem ex quocunque morbo quis convalescit, si confirmatur
But from whatever disease a person is convalescent, if he is strengthened
tarde, debet vigilare primâ luce; nihilominus conquiescere in lecto:
slowly, he ought to wake at the first light; nevertheless to rest quiet in bed:
circa tertiam horam leniter permulcere corpus manibus unctis:
about the third hour gently to rub the body with the hands anointed:
tum causâ delectationis, quantum juvat, ambulare, omni
then for the cause of amusement, so far as it amuses, to walk, every (kind of)
negotiosâ actione circumcisâ: tum gestari diu: uti
business action being laid aside: then to be carried a long time: to use
multâ frictione: sæpe mutare loca, cælum, cibos: ubi
much friction: often to change the places, air, food(s): when
bibit vinum triduo ve quadriduo, uno aut etiam
he has drank wine for three or four days, for one or even
altero die interponere aquam. Enim per hæc fiet
another (two) day to interpose water. For by these it will happen
ne incidat in vitia inferentia tabem, et ut
that he do not fall into diseases bringing on consumption, and that
mature recipiat suas vires. Vero cum convalerit ex toto,
he quickly recover his strength. But when he has recovered entirely,
mutabit subito genus vitæ, et aget inordinate,
he will change suddenly the kind of life, and will act irregularly,
periculose. Ergo debebit, his
dangerously (it will be dangerous to do so). Therefore he (will) ought, these
legibus omissis, transire paulatim eo, ut vivat
laws being omitted, to change gradually thither, that he may live
suo arbitrio.
at his own will (discretion).

CAP. XXV. — *Convalescentium Refectio.* — Ex quocunque autem morbo quis convalescit, si tarde confirmatur, vigilare prima luce debet; nihilominus in lecto conquiescere: circa tertiam horam leniter unctis manibus corpus permulcere: deinde delectationis causa, quantum juvat, ambulare, circumcisa omni negotiosa actione: tum gestari diu: multa frictione uti: loca, cælum, cibos sæpe mutare: ubi tri-

duo quadriduoque vinum bibit, uno aut etiam altero die interponere aquam. Per hæc enim fiet, ne in vitia tabem inferentia incidat, et ut mature vires suas recipiat. Cum vero ex toto convalerit, periculose vitæ genus subito mutabit, et inordinate aget. Paulatim ergo debebit, omissis his legibus, eo transire, ut arbitrio suo vivat.

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DR. V. RECEIVES ONE OR TWO HOUSE PUPILS.



Further Particulars may be had of DR. VENABLES, 17, Ely Place, Holborn.

